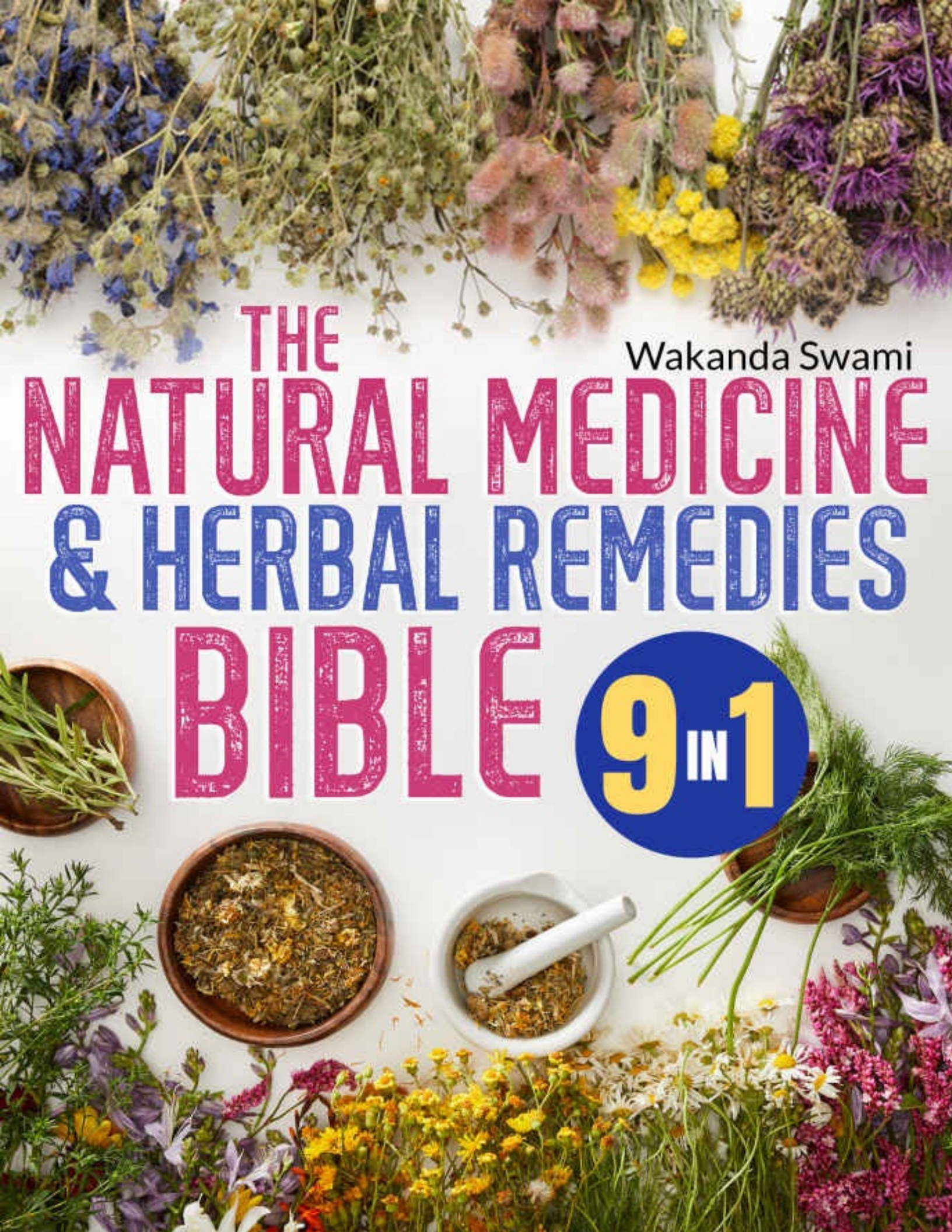
Wakanda Swami
THE
NATURAL MEDICINE
& HERBAL REMEDIES
BIBLE
9 IN 1

The Herbal Remedies & Natural Medicine Bible

9 BOOKS IN 1

The Complete Guide to Improve Your Wellness | Prepare Infusions, Essential Oils, Tinctures, and Antibiotics for Life-Long Vitality

Wakanda Swami

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BOOK 1: HERBS TRADITIONS

Native American Herbalism

Herbalism is a branch of botany that is mainly concerned with studying the leaves of plants. Herbalism or herbalism is in short, the use of herbs for their therapeutic and medicinal value. Herbs contain a wide variety of chemicals that act on the body helping it to regain its balance.

The use of medical herbs is as old as the world, and our ancestors were certainly cured in this way. Even animals (both carnivores and vegetarians) take herbs periodically or when they are sick: if, for example, you observe a cat living outdoors you will notice that practically every day, between meals, it eats a particular type of herb (not only the famous catnip) that promotes digestion and purifies the body from worms.

Even some of our knowledge about herbs comes from the observation of the behavior of animals when they are weak or when they have been attacked or injured by other animals, in fact they instinctively know how to recognize and find the best herbs to cure themselves and avoid the poisonous ones.

We humans have also learned by mistakes: in this way we have understood which plants can be used as food, which are poisonous, and which ones are medicinal, i.e., make changes in our body. Then some plants cause

hallucinations, addiction and cloud the senses and therefore are real drugs. All this knowledge has been passed on and enriched orally from generation to generation, and each culture in the world has updated its plant science and tradition.

History of Herbalism

The first written testimony of the use of the medicinal herbs goes back to about 5000 years ago, work of the Sumerians, inhabitants of Mesopotamia (modern Iraq). As we have already seen in previous articles, the knowledge of the Sumerians derives very probably from other evolved civilizations of which we have lost every trace. In Ancient Egypt the Goddess Isis was called the "goddess of health" because she was considered the one who transmitted to her people the secrets of Nature and taught to heal diseases. According to tradition, Isis explained to their ancestors how to cultivate and use medicinal herbs and edible plants such as wheat and barley, and even the production of rare and precious wines. From 305 B.C. until 30 B.C. An Arab country Egypt was under the rule of the Ptolemaic dynasty (which owes its name to its founder Ptolemy Sot ere), who founded a Medical School near Alexandria. The most famous professors of this school were Erasistratus, ancient Greek anatomist, and Ephelis, Greek-Hellenistic anatomist and doctor. Both professors had the opportunity to dissect the corpses of criminals put to death that the government made available to them. It seems that both Erasistratus and Reoil were firmly opposed to bloodletting and poisonous medicinal remedies, preferring instead herbs easily found in nature.

The history of Chinese herbalism also goes back about 5000 years, and Chinese medicine itself is based entirely on the use of herbs. The Chinese emperor Ch’in Ning had Li Shenzhen collect in a large manual all the knowledge about herbs of his time; this work is called Pen Tsao, the Chinese Materia Medica (list of herbs used as medicines), which took 30 years of work and was divided into 53 volumes; the first draft appeared in 1578. More than 300 herbs, including Ma Huang, or Ephedra sinical (Chinese), were mentioned, still widely used in the West: Western scientists have derived from this plant the active ingredient called Ephedrine. Indian medicine, known as Ayurveda, has its roots in the sacred scriptures Asian seasoning, spice’s theme called Veda, which are estimated to have been written around the 2nd century BC. The Indian Materia Medica of the time was very extensive, and as early as 800 B.C. there was one Indian writer who knew as many as 500 different species of local medicinal herbs, and another who mentioned as many as 760. Ayurveda is still practiced today and in recent years it has even begun to spread in the West.

In Greece between 500 and 600 B.C. the School of Philosophy of Pythagoras was founded, and it is thought that it also taught Natural Sciences. Hippocrates

(460 BC - 377 BC), a native of the island of Coo, studied at the Pythagorean school. To broaden his knowledge, Hippocrates traveled the world to study herbs and their functioning. Supposed to the father of modern medicine, Hippocrates was to all effects an herbalist, and famous is the phrase attributed to him: *"Make food your medicine and medicine your food"*.

The Greeks and Romans drew most of their knowledge (not only in the field of herbalism) from the civilizations that had preceded them - then the Babylonian, Egyptian and also partly Indian and Chinese.

During the Christian era Galen of Pergamon or Claudius Galen (129 or 130 A.D. - 201 A.D.), a Greek doctor, used medicinal herbs or herbal extracts to treat people. He mixed various substances, creating personalized medicines, suitable for the individual patient. Even today you can still find "galenic preparations," or medicines prepared directly in the pharmacy. Galen was born in Pergamon, a city of Asia Minor famous in the Hellenistic age, and later became part of the Roman Empire.

His contemporaries continually persecuted Galen, especially by the Epicureans, since the former rejected their philosophy altogether. Galen had studied all the philosophical currents of his time in depth, so he took inspiration from each except Epicureanism to give life to his philosophy. Although Galen was called the Oracle of Medicine, other doctors always persecuted and had to leave Rome to find refuge at his native Pergamum. But a few years later he was called back to Rome to heal the seriously ill children of Emperor Marcus Aurelius. Galen healed them completely and was definitively removed from his colleagues.

Already during the first Christian era, in all Roman legions we began to lose knowledge of herbs and ancient medicine, the only exceptions were the legions of the land of Angles, namely Celts, Gaul’s, Saxons, Danes and Angels. It is said that these peoples still possessed the ancient herbal knowledge and were of robust constitution.

Later the Arabs, after conquering a large part of the civilized world and having finished destroying the immense library of Alexandria, made them the knowledge of ancient Western doctors such as Galen, and incorporated it into their medicine.

Between the eighth and 12th century A.D. the whole of Europe was as if plunged into a deep sleep, returned "barbarous" and uncultivated. In this period the knowledge of the ancients was suppressed or forgotten.

During the Middle Ages, the monks resumed herbalism, who personally studied

and cultivated medical herbs and translated and rewriting Arabic works focused on natural medicine. Thus, monks and priests began to study the teachings of Hippocrates and Galen, and thus became figures of reference for the people. For example, the monks of Mount Cassino and those of other European countries, in addition to the famous Jesuits, were recognized by all as great herbalists / doctors who were experts in herbalism, to the point that many herbs took their name, and many people in Europe were healed thanks to their care.

When the Europeans went to America for the first time, they discovered that the locals knew many medicinal herbs. The medicine of the natives was based on the belief in the spirit world, a dimension not perceivable through the 5 senses used by the commoner. Today this medicine is called Shamanism, and the healer (which corresponds to our doctor) is called a shaman. However, many Native Americans oppose the latter terminology, preferring the nickname of healer or sorcerer (literally "medicine man"). The shaman’s name comes from Asia.

Although it may seem strange, the European settlers had a lot of faith in Native American medicine, so much so that they learned from them how to use the local herbs. When Lewis and Clark did their famous westward exploration, starting from the Mississippi River between 1804 and 1806 one of the mission's main objectives was to learn as much as possible about local herbal remedies by interacting with the natives.

Also the natives of Central America had extensive knowledge about herbal medicine, for example still today we use the Unchair tormentors (Cat's claw), useful in the treatment of ulcers, candidiasis, bursitis, gastritis, bleeding, rhinitis, asthma, viral infections, prostate infections, joint inflammation, arthritis, tonsillitis, rheumatism, skin problems, dysentery, herpes, myomas, gonorrhea, reduces blood pressure), from the Peruvian Amazon rainforest, a widespread remedy in the United States. From Australian Aborigines we discovered, among many other herbs (such as Kava Kava or Kawa Kawa and Noni) the famous Tea Tre Oil, extracted from the leaves of the Melaleuca tree (Melaleuca alternifolia), and used by British soldiers during World War II as an antiseptic to be applied on wounds.

Returning to the European continent, we cannot fail to mention the ALCHIMISTS, which, however, were originally from Arabia. These posed as the main objective to transmute base metals into gold. They were also in search of the Elixir of Long Life and the Philosopher's Stone. The alchemical art then moved from Arabia to Europe. In this period Western medicine as we know it today began to take shape. Thomas Linacre (1460 - 1524), British physician and

humanist graduated from Oxford, to whom the Linacre College in Oxford is named, after finishing his studies he went to the court in Florence and later returned to England to establish the chair of medicine at Oxford and Cambridge, then London College of Physicians (University of London for doctors).ùWith the arrival of Alchemy in Europe, CHEMISTRY began to be applied to physiology (study of the functions of a living organism), pathology (study of diseases), and therapy.

The famous PARACELSO (1493 - 1541) according to Dr. Edward Shook (American herbalist and pharmacist who lived in the twentieth century), destroyed the work of Claudius Galen and the great Ibn Sian Avicenna (Persian physician, philosopher, mathematician, logic and physicist), declaring that he had discovered the Philosopher's Stone and that humanity could rely solely on its system of treatment. According to Shook Paracelsus was: "an insolent charlatan without scruples". And modern medicine owes much to Paracelsus, who was the first to introduce the "system of mineral administration" into the human body. However, Paracelsus died prematurely at 48 because of a terrible illness: his famous Elixir did not save him. Paracelsus' real name was Bombasts von Hohenheim, a Swiss alchemist whom Shook called "the greatest impostor who ever lived".

In the 17th century the teachings of Hippocrates began to be reintroduced into medical philosophy, anatomy made progress and chemistry was explained for the first time. During the 18th century there were discoveries in the following areas: chemistry, anatomy and physiology. Yet modern medicine failed to replicate the healing powers of Hippocrates and Galen's system. Many theories began to be formulated, but these were not used to heal anyone. According to Dr. Shook, the failure of modern medicine is because it has forgotten to operate with respect for nature and use common sense.

Food as Natural Medicine

During the 20th century in the United States an American herbalist and pharmacist, named Edward Shook, decided to share his knowledge (which was the knowledge of the ancients) with an audience of doctors, pharmacists and herbalists. He held a series of lectures, now collected in a text that can only be found in Pdf format on the Internet and entitled an advanced treatise on herbs. I came across this text "by chance" while researching my studies, and being particularly impressed by the ideas proposed here, I decided to share some of it.

Shook explains that herbs are more indicated in treating extreme chemical substances to the human body - i.e., Drugs. Herbs are the fruits that mother earth gives us with great generosity and for this reason they contain many substances that are important for the proper functioning of our body. The precious substances in fresh herbs (freshly picked but also dried) are assimilated directly by the body and immediately enter the bloodstream after being transformed into the digestive tract. So, no laboratory in the world will ever be able to replicate exactly the vital processes that occur in nature: you can in no way imitate the functioning of a living cell.

Modern medicine generally takes only some of the chemicals in plants, the ones it considers most important, and reproduces them in the laboratory always in the same way. The difference between drugs and herbs is that the other chemicals put aside by medicine are important since they protect us from the side effects caused by certain substances. Modern "pills" are only a temporary remedy and serve more to make the symptoms disappear, but not what caused them. Herbs, on the other hand, act more slowly and get to the root of the problem. They are also less toxic, although it is safe to use them without knowing them, especially without knowing the possible interactions between herbs and drugs. Contrary to what you might think, you must also pay the utmost attention to treating yourself with herbs and avoiding taking too many of them.

Herbs are essential for our health: for example, we cannot take minerals directly, but they must be taken because of another living organism - a plant - which has already processed them for us. Plants can absorb minerals from the soil through their roots and assimilate and transform them so that we humans can use them both as food and medicine. This explains the meaning of Hippocrates' warning, "Make food your medicine and medicine your food". We eat plants or their fresh fruits (vegetables, legumes, spices, fruit), we not only nourish ourselves, taking all the vital substances that serve to keep us healthy and in essence to survive,

but we take care of ourselves at the same time. So, we take care of ourselves eating, paying attention to what we ingest and its effect on our body, preferring fresh fruits and vegetables and avoiding as much as possible industrial foods, poor in any nutritional substance. Nowadays, it is no longer an exaggeration to expect to produce our food, living in contact with the earth, so much so that it has become a choice of life for many people. Even our physical appearance changes according to what we eat! After about 100 years we begin to implement the theories proposed by Shook and other ancient sages.

Going back to minerals, Shook explains that the human body cannot take minerals directly and therefore cannot use them in any way. At this place it is very important to explain what is meant by ORGANIC and INORGANIC.

HERBS ARE ORGANIC, that is, can become part of the living organism they interact with; moreover, we must always remember that HERBS ARE THE ONLY SOURCE AND ORIGIN OF EVERY LIFE FORM THAT IS PRESENT ON THE EARTH MOTHER. In other words, none of us could exist without plants. The adjective ORGANIC refers to an organ or the vital functions of that organ; or it means "to be composed of organs" or to contain them, for example in the case of the human body or the body of a plant.

On the contrary, the adjective INORGANIC means "non-organic," not endowed with or not subject to some form of organization or organized structure, therefore devoid of what characterizes a living being. For example, stones, minerals and all chemical compounds and non-living and non-organized elements are inorganic. The human body contains much more OXYGEN than any other element found in nature, and the only type of naturally produced breathing oxygen comes from the leaves (lungs) of plants. It is released from them into the atmosphere in abundance.

Today we know that herbs can and do assimilate inorganic matter, i.e., minerals, and, through a mysterious alchemical process, convert this inert and lifeless matter into living organic material which, when offered to humans and animals, is absorbed voraciously by cells, since this material supports and renews vital processes. So, it is fair to say that ANY RESPIRE OF HUMAN BEING DEPENSES FROM THE VEGETAL KINGDOM (the plants).

We have already said that the vital processes of human cells cannot be supported by any element or compound obtained directly from what is inorganic. Even the OXYGEN WE BELIEVE is diluted to 79.07% with nitrogen (nitrogen). If we inhaled PURE OXYGEN, even if only for a short time, it would destroy the

tissues and set them on fire. INVITES OXYGEN PROVENING FROM PLANTS, taken in food and medicine (medicinal herbs) does not destroy, but rather supports life.

Dr. Shook explains that plants have many peculiarities that are little known to herbalists themselves, which is the cause of the failure of their treatments. The purpose of natural medicine is to eliminate diseases without endangering or destroying the affected organ or tissue. To get this goal it is necessary to know the peculiarities of all herbs according to their stage of development. From the moment of birth an herb also changes its chemical composition. For example, in a certain stage of growth an herb can be poisonous, and in the next one it could become a powerful medicine: unripe poppy capsules (yang us qipao) are a poison that harm in a very short time; on the contrary, ripe poppy seeds have important medicinal properties. According to Shook, allopathic doctors use countless poisonous herbs and instead ignore the best and most harmless herbs.

Native American Culture

Native Americans have healing traditions that can be traced back for literally thousands of years, and many tribes had their ways to mix the roots, herbs, and other plant parts that were meant to heal their people. Though, that doesn't mean only herbs were used in the healing process Native Americans found.

No healing practice was the same when you go tribe from tribe, but you will see that they have many similarities in their ceremonies, knowledge, and rituals. There was no standard of healing, but health was an expression of the spirit to Native American people. They believed that you had to heal the spirit, the mind, and the body, or someone would not make it through. It was important to them to stick to their natural environment to keep away illness and harm that may come their way. Of course, they also knew that they had to heal their physical ailments if they wanted to get better.

The main part of these healing practices was the herbal remedies that came with them, and it went beyond the aches and pains of the body. Of course, while they concentrated on the physical ailment, they also told the patient it was important to concentrate on their spirituality and the harmony within themselves, giving many Native Americans the will to survive through various afflictions. The surrounding environment would produce the herbs they used, which meant that many cures varied from region to region. They were even traded over long distances, as herbs were considered to be valuable and even sacred. These practices were passed down orally and passed down from generation to

generation without being written down. This is why many of the healing remedies today are still a mystery, but some healers would end up writing down their formulas for healing as well.

Today, many of the used herbs are known, and many of the purposes they had and still have been seen. However, that doesn't mean everything is crystal clear as it would have been years ago when it was passed down from one person to the next.

Traditional Native Healers

Usually, the native healers were older people with great knowledge of the animals and plants, using every element provided by nature to treat the most common symptoms. They had to understand the personal inclinations of the subject to be treated, well aware that the mind was all one with the sick body and that very often the predominant cause of a body disorder had to be sought in it.

Finally, they were in direct contact with the spirit world, from which they drew inspiration to heal any disease. As much as this aspect may make us smile, it should be remembered that Indian society was deeply imbued with a pantheistic conception of life, for which the relationship with Gods was the basis of every event.

Beyond all beliefs and perplexities, the fact remains that for Native Americans prevention and therapy were held in great consideration, with positive repercussions that still today are mostly staggering.

American Indian Spirituality

Although religious or spiritual beliefs vary greatly from tribe to tribe some of the basic concepts exist in most of them: there was a "Great Spirit" representing a great power often called "Great Mystery" or Manitou, Wakan Tanka, Orinda, as well as in many other ways, who supported all creation. It did not possess a personal character but every single aspect of all life existing in the universe, like the Judeo-Christian God, and could not be imagined to possess a well-defined form since it possessed all of them because this universal "force" made everything in nature proceed according to balanced laws.

Then there were the higher spirits belonging to everything that existed, that is, everything possessed a spirit that in various ways could be both good and bad: the earth that nourishes and sustains life has a particular spirit. It must be revered and respected properly because without it nothing can exist. All forms of life interact and depend on each other. Every individual is called to "walk in the sacred way" the sacred path to live in a managed way and harmony with the universe and the spirit world: people find their way looking for signs through dreams and visions. The cultural bond and values of the tribe are always handed down through sacred oral traditions and ceremonies to create a cultural bond with those who have lived before so that the tradition will continue in subsequent generations. Traditions often include sacred dances and songs, drumming for ceremonies and festivals, purification rites, fasting, and self-imposed physical tribulations. In all tribal traditions some men or women are called in various ways but who always perform various tasks for the sake of both the inner and outer good of society, they are called shamans: they look out for the spiritual growth and inner balance of the subject as well as the physical health of the person, helping to reconnect after periods of misfortune or particularly tough inwardly speaking. Humor is a sacred part in the culture of the American Indians because people always need to remember that, after all, we are all stupid, this leads the subject to resize the ego that can often lead a person off the sacred path of balance with the sacred mystery.

Collecting, drying and storing medicinal plants are treatments that must be done as correctly and accurately as possible to maintain their properties perfectly. Therefore, we discover in clear steps how to proceed with the collection, drying, and storage of most of the wild medicinal plants commonly found in the American territory and many of those that can be grown at home. It is better to

abstain from collecting medicinal herbs whenever you have the slightest uncertainty of knowledge about it and without having the opportunity to ask a competent person. In these cases, it is good practice to buy drugs in herbal medicine shops because there are now very good ones. This will ensure that you do not make unpleasant mistakes, and the advice of an expert can further help with treatment.

Where and How to Collect Medicinal Plants

When working with plants, it is essential to proceed with method and care; both to prevent them from dying, causing damage to the environment, and for ourselves, because incorrect harvesting prevents the plant from helping us again in the future. It is also vital to select where to cultivate or harvest the medicinal herbs we need: the plants absorb everything, so we must avoid harvesting those present on the roadside, near drains or intensively cultivated fields.

Unfortunately, the countryside is no longer synonymous with an uncontaminated environment: it is better to look for medicinal plants in the mountains, woods, and meadows. In the plains you have to find large open spaces that are not cultivated or, if they are, the cultivation methods must be traditional.

Even natural watercourses are unfortunately to be avoided; in artificial canals, you have to make sure that they are only "outlet" (i.e., they do not collect water from other watercourses but only supply it). A suitable place to look for medicinal plants in the countryside is artificial groves (poplars planted in rows used to produce paper and wood derivatives).

It is necessary to have as many precautions in the way we intervene on the plant and transport the harvested parts to the house; let's behave as "guests" and then intervene with moderation and cleanliness. We absolutely must not tear whole pieces of plant with our hands but collect only the parts of our interest in the quantity we need: we will need a small knife or a shear to collect the leaves, flowers, or fruits. Even the roots must be collected in moderation: we can only take a part of them with the help of a hoe, without uprooting the plant with our bare hands but removing it from the ground with a lot of soil around it, take some roots and replant it; in this way the plant will continue to live and we can use it again in the future. We avoid collecting protected species. Herbs, roots, flowers and fruits should be placed in a basket covered with a sparse weave of canvas (it allows the passage of air), absolutely avoiding crushing them and

covering them with a piece of canvas, completely avoiding plastic material.

● Meadows bordering large cities and roadsides should certainly be avoided, whether the latter are very busy or few cars pass by. Avoid areas close to factories and industries.

● It is good to go to the open countryside where the air is less unhealthy and the land is not polluting if it does not contain intensive crops.

● It is advisable to harvest the medicinal herbs in their optimal moment, called "balsamic time", which corresponds to the best evolutionary moment of the plant, when its active principles are more concentrated and effective.

● Moreover, it is better that the moon is in a decreasing phase and possibly never full. Plants need lots of sun and little moon to preserve the maximum of their therapeutic virtues.

● Harvesting must take place in clear weather. Especially for the flowers, leaves and fruits, i.e., the aerial parts of the plant, it is best to harvest in the morning, as soon as the sun has dried the dew, while for the roots the most suitable time is the evening before sunset.

Harvest: The "Balsamic" Period

The harvest must be carried out in the period defined "balsamic", which varies from plant to plant and from area to area depending on the habitat, climate, and the extraordinary conditions to which the plant can be exposed. The botanical sheets that you will find in the second part of the book are therefore to be considered "indicative": they give general information about the collection, but it will be your responsibility to evaluate the real condition of the plant before proceeding. However, some indications cannot be omitted to have an optimal result. Harvesting should be done in the morning, especially concerning the aerial parts of the plant (everything above ground), not too early: you have to wait until all the dew formed at night has dried, otherwise, if still wet, flowers and leaves are ruined quickly. The collection of the roots, instead, must be done after a rain.

Here are some indications to follow (unless otherwise indicated on the botanical sheets) to collect the various parts of the plant at the right time:

● Seeds: when the fruit is fully ripe, before it has fallen from the tree;

● Flowers: when in full bloom, before they wither;

● Leaves: Before the flowering of the plant;

● Fruits: when fully ripe;

● Stems and various parts of the plant: if complete with flowers, then collect them during flowering, otherwise before flowering.

● Buds: before opening, at the beginning of spring

● Bark: should be harvested in spring, but not on plants that are too young.

All harvesting operations should of course be carried out in moderation, without abusing a plant to prevent it from dying or ceasing to be useful in the future.

Dry & Store Harvested Plants

Drying should be done immediately after harvesting, as soon as possible to prevent the part from spoiling or starting to form bacteria, away from the sun, in a dry and ventilated place. The tools we use are also important: you have to spread the parts of interest on trellises or on wooden planks covered with a cloth that allows the air to breathe and any insects to leave the part no longer useful for their purposes; do not try to "clean" the parts manually: these little guests will leave on their own if you have arranged the parts to be dried properly. Do not use absorbent paper or plastic, the canvas must be coarse weave and must not absorb the plant's juices, it must dry in the air. Do not wash any airborne parts of the plant before or after drying. Drying lasts from 15 to 20 days and requires some maintenance: you have to turn the grasses and select them by throwing away the black parts or any mold or insects that have not left the plant. They can be stored in a glass or clay pot or paper or canvas bags when completely dry. They must be used within a year.

The roots and fleshy fruits should be treated differently: the roots in particular (and only those) should be washed thoroughly before proceeding. Both roots and fruits should be cut into thin slices and strung with a thin string, being careful that air passes between one slice and another; the drying will be done in fresh air and sun, simply by hanging the string on a sunny and ventilated spot. The drying process lasts until the roots and fruits reach a rubbery consistency, then they must be removed from the string and stored in paper or canvas bags. To summarize:

● The flowers and leaves must be dried in the shortest possible time: put on large wicker baskets and placed in well ventilated and shaded rooms; attics, porches, barns are ideal places. They are considered dry when, by touching them, they break easily.

● For the seeds, roots and barks, we use the sun or the oven at a very low

temperature and open the door so that the air circulates freely. Before being exposed to the sun, the roots must be washed quickly and thoroughly, then cut into washers or strips.

● The fruits dry well exposed to the sun without prior washing. In the past, it was used to slip them into strings in the countryside, forming long necklaces stretched out in the sun.

BOOK 2: APOTHECARY

Plants Widely Used By Native Americans

Native Americans are known for their knowledge of medicinal plants. After eating certain plants while watching animals get sick, there are rumors that they first begin to use plants and herbs to heal them. To protect these plants from overharvesting, medical staff used to pick every three plants found. Native Americans have a spiritual outlook on life. To be healthy, one must have a sense of purpose and follow a life path of justice, harmony and balance. They think that certain diseases are life lessons they need to learn, and they should not intervene. Many modern treatments and medicines are based on American Indians' knowledge of the different plants and herbs they have used for thousands of years. The following are the plants most used by Native Americans in their daily lives:

#1. Achillea millefolium

It has been used since ancient Greece began to use this fragrant flowering plant to stop bleeding. It is said that the Greek Leader Achilles used it on his wounds, hence the name. Pioneers and aborigines applied it to open wounds and wounds, and used plasters from leaves to help clot the blood. They also mix fresh arrow grass juice with water to help with stomach upset and intestinal diseases. The tea made from leaves and stems will act as astringent.

#2. Sumac

The plant can be used in many medicines, but it is one of the only plants used by the healer to treat eye diseases. The soup from sumac is used as a mouthwash to relieve sore throat or as a medicine for diarrhea. The leaves and berries are mixed in the tea to reduce fever, or made into an ointment to soothe the ivy.

#3. Blackberries

Cherokee people use this plant to treat stomach upsets. They use blackberry tea to treat diarrhea and soothe swollen tissues and joints. A natural cough syrup that can heal sore throats can be made from blackberry root mixed with honey or maple syrup. To smooth the bleeding gums, they are used to chewing the leaves. This plant is also good for bolstering the entire immune system.

#4. Rosemary

Native American tribes believe this plant is sacred. They mainly use it as an analgesic to relieve joint pain. This herb develops memory, alleviates muscle pain and cramps, and helps the circulatory and nervous systems. It can also better the immune system and treat indigestion.

#5. Mint

Cherokee used to make peppermint tea to relieve digestive problems and help stomach upsets. They also made plasters from the leaves to relieve itching and rashes.

#6. Red clover

Healers have used this plant to treat inflammation and respiratory diseases. Recent studies have shown that red clover can prevent heart disease by improving blood circulation and lowering cholesterol.

#7. Vinyl Bark

Cherokee used to make mild tea from branches and black bark to relieve chest pain.

#8. Cat-tail

This is one of the most famous living plants of the indigenous people. It can be used as food and as a preventive medicine. Because it is an easy-to-digest food, it helps to recover from illness. It is called Marsh Supermarket because it can be used for many kinds of dishes.

#9. Greenbriar

The root tea is used as a blood purifier or relieve joint pain. Some healers made ointments from leaves and bark mixed with lard and used it for minor sores, scalds and burns.

#10. Hummingbird Flower (Grass Brush)

Native Americans used this plant to treat oral and throat diseases and cysts, fibroids, and inflammation. It can be made into plasters to help treat burns, sores and wounds. The roots of this plant can be used to make diuretics to stimulate kidney function.

Early pioneers used this special plant to replace black tea. Recent studies have shown that hummingbird blossoms can effectively treat high blood pressure and lymphatic obstruction.

#11. Wild rose

Native Americans used this plant as a way to prevent and cure mild common

colds. Tea increases the bladder and kidneys and is a mild diuretic. Petal infusion is used for sore throats.

#12. Saw palmetto

Native tribes in Florida (such as the Seminole Islands) use this plant as food, but medical professionals use it as a natural medicine for abdominal pain. It also supports digestion, decreases inflammation, and intensifies appetite.

#13. Wild ginger

Therapists use this plant to treat earaches and ear infections. They also made mild tea from the rootstock to stimulate the digestive system and reduce bloating. It also helps with bronchial infections and nausea.

#14. Elm

Native Americans used internal bark to make bowstrings, ropes, threads, and clothing. Tea is made from tree bark and leaves to relieve toothache, respiratory discomfort, skin conditions, stomach pain, sore throat, and even bites by spiders.

#15. Lavender

Healers use this plant as a medicine for insomnia, anxiety, depression, headaches and fatigue. Essential oils have antiseptic and anti-inflammatory properties. Infusion can be used to relieve insect bites and burns.

#16. Prickly pear cactus

This is another plant that is used as both food and medicine. Native American plasters made from mature mats are used as antiseptics to treat wounds, burns and scalds. Tea is utilized to treat urinary tract infections and help the immune system. Current research shows that cactus fruits help lower cholesterol, prevent diabetes and diet-related cardiovascular diseases.

#17. Honeysuckle

The plant has been used by Native Americans as a natural medicine to treat asthma, but has various therapeutic purposes, including rheumatoid arthritis, mumps, and hepatitis. It also contributes to upper respiratory tract infections, such as pneumonia.

#18. Mullin

Tobacco-like plants, mainly used to treat respiratory diseases. Native Americans made herbs from the roots to reduce swelling in joints, feet or hands. Here, you can find more medical uses of Murein.

#20. Licorice

This root is famously used to flavor candies, food and vessels. However, healers have also utilized it to treat stomach diseases, bronchitis, food poisoning, and chronic fatigue.

#21. Ova Uris

Because bears like the fruits of this plant, they are also called Bearberry and Bear grape. Native American Democracy will use this plant to treat bladder and urinary tract infections.

#22. Devil's Claw

Although the name implies a poisonous plant, American Indians used it to heal various diseases, from treating fever to soothing skin conditions, improving digestion and treating arthritis. Tea can reduce the effects of diabetes, and a mixture made from plant roots can reduce swelling and help joint diseases, arthritis, gout, back pain, headaches and sores.

#23. Ashwagandha

This sacred plant has a rejuvenating effect on the body and improves vitality. It is used to treat bone weakness, teeth loss, memory loss, and rheumatism. The root bark contains an antibiotic. Be careful when using this plant because it can be toxic if not prepared right.

Remember, knowledge is the only doctor who can save you without medical help.

BOOK 3: HERBAL PREPARATION

Herbal Preparation

That simple, tasty cup of tea is just one way of extracting the many virtues of herbs in water. Other ways include the preparation of infusions, decoctions, juicying and Fomentation. In this part of the book, I will impart to you how to make natural arrangements. Implantations are utilized with the milder pieces of plants and require a long drench to extricate nutrients, minerals and more from the spices in the water. An herbal decoction is used when extracting constituents from hard or woody plant parts such as roots, bark, seeds, berries and mushrooms.

How To Make Herbal Tea

Did you realize that home grown tea, in contrast to your typical tea, doesn't contain caffeine? Home grown tea is a mixture of various spices as well as flavors in bubbling water. You can make a home grown decoction utilizing spices, roots or even flavors, excluding the tea powder or leaves. Peppermint, ginger, coriander seeds, tulsi are a few instances of spices and flavors, which you can make this tea. Natural tea is stacked with numerous medical advantages and furthermore tastes heavenly. In China, tea is pronounced as 'tu' which means a bitter herb. If you have ever tasted tea leaves or ground tea beans, you know the taste. In the Mandarin language the word is 'cha', which became 'chai' in India.

1. Add the water, tea powder, cardamom, ginger, mint leaves, basil leaves, and sugar in a pot or vessel.
2. Boil for 8-10 minutes or until the infusion becomes fragrant.
3. Strain the tea into cups using a sieve.
4. Serve hot in an insulated tumbler.

How To Prepare An Herbal Infusion

Natural mixtures set aside almost no effort to get ready, however you should trust that the spices will absorb totally. Ensure you follow the occasions and measures suggested in the home grown tea formula. To make a natural mixture, you will require three things:

1 tablespoon of dried herb of your choice

1 cup of boiling water

Glass jar with a tight-fitting lid (make sure it is very clean)

If you like, the amounts of herbs and water can be increased proportionally to

make a larger infusion. If you need to make 1 quart at a time, this will require about 1 cup of dried herbs and 1 quart of water. However, it is best to start with a small volume in your first infusion of any herb to avoid waste if you find that you don't like it. As you brew, be sure to keep the jar covered at all times to contain the steam. The heat trapped inside is crucial to releasing those beneficial compounds in the herbs.

1. Place the herbs in a glass container.
2. Pour the boiling water over the herbs so that they are completely covered.
3. Seal the jar with an airtight lid to prevent steam and volatile oils from escaping.
4. Leave the imbuement to soak until the water cools to room temperature or for the time suggested by the mixture formula. As a general rule, roots and barks require the longest mixture (or decoction) of around 8 hours. Leaves ought to be injected for at least 4 hours, blossoms for 2 hours, and new seeds and berries for no less than 30 minutes.
5. Filter the used herbs from the water using cheesecloth or a fine-mesh strainer (or both). Repeat if necessary to remove all the herbs.
6. The resulting liquid is called infusion. Clean the container and empty the implantation back into it for capacity. An imbuement can be refrigerated for as long as 48 hours. After this, it ought to be disposed of.
7. To avoid filtering, you can make a sachet to contain the herbs during the steeping process. Put the herbs in a small cheesecloth, tie it with string and put the bundle in your jar of boiling water. You can also let the twine hang over the side for easy removal.

How To Make An Herbal Decoction

So what precisely is a decoction? A decoction is a natural arrangement made by bubbling spices in a fluid, normally water. Botanist James Green clarifies that "the motivation behind getting ready decoctions is to get, in a watery arrangement, the solvent dynamic standards of the spices, which are hard and woody and have a thick, close consistency".

Curiously, decoctions, similar to teas, implantations and numerous different types of natural arrangement, have a long history of utilization. In Medical Herbalism, botanist David Hoffmann clarifies that the old pharmacopeias had exact portrayals for decoctions of different spices with an authority standard for

readiness. He shares the accompanying model for a standard arrangement.

The authority model above may appear to be somewhat overwhelming. Dread not! Setting up a straightforward decoction doesn't need to be troublesome and is very simple! The essential guidelines on the most proficient method to make a natural decoction are as per the following.

1. Use one teaspoon to one tablespoon of spices for some virus water.
2. Add the spices and cold water to a pot.
3. Put the pot on the cooker and bring to a delicate bubble.
4. Put a top on the pot and stew delicately for twenty to forty minutes.
5. Remove from the warmth and permit the decoction to cool to room temperature.
6. Finish by stressing the spices.
7. You can regularly utilize these equivalent spices to make another clump of decoction a couple more occasions, as long as the decoction is as yet solid after arrangement. Refrigerate the leftovers and use them within 48 hours.

How to Make Herbal Juicing

The first time you try to juice cabbage or lettuce leaves, green herbs or grasses, unless your juicer can handle the herbs, you will find that they jam in the basket and make a mess. Cut the cabbage into wedges, and it will pass easily through the basket of the juicer. If you don't want to add too much cabbage flavour to a juice, but have some large outer leaves that you want to combine with other ingredients, the best way to get the most out of the leaves is to roll them into a long, narrow cylindrical shape and guide them through the feed tube using celery stalks, carrots or apple slices.

Herb sprigs and cereal grasses are more delicate and harder to squeeze without the benefit of a special attachment. If you wedge a handful of green herbs into the natural groove of a celery stalk and use a low speed, the celery will hold the herb in place long enough to extract the juice. You can also 'squeeze' wheatgrass and herbs using a blender. This method is more efficient at extracting the essential and active elements of wheatgrass. Here's how:

1. In the blender container, combine 1-1/2 cups of water with 2 to 3 cups of fresh wheatgrass.
2. Process the mixture on high speed for 30-40 seconds or until the herb is

liquefied.

3. Line a sieve with a layer of cheesecloth and place over a large bowl.
4. Pour the wheat grass and water through the sieve into the bowl.
5. Squeeze the cheesecloth to remove all the moisture from the wheatgrass.
6. Blend 1/4 to 1/2 of the wheatgrass juice into the fresh fruit or vegetable juice.

How to Make Herbal Fomentation

A fomentation is an effective readiness that permits spices to be ingested through the skin. It is ready by first making a solid implantation, or tea, from the pieces of the spice (generally the leaves, roots or blossoms). The fomentations invigorate flow, help in decongestion, draw out abscesses, and calming outside tissues and warm firm joints. They can be utilized for intense aggravation, nearby agony and clog, neuralgia and toothache, and particularly in instances of sore or harmed muscles and joints. The most effective method to make a fomentation:

1. Decoction or infusion of herbs in water for a minimum of 15 minutes, then strain and set aside.
2. Soak a perfect material in the decoction and apply to the ideal region. At the point when it cools, wring out and plunge again to keep up with heat.
3. Apply the fomentation for several hours or up to overnight (Note: can be held in place with cling film which will also help retain heat).

How to Make Herbal Poultice

A poultice is a method of applying herbs to the skin. They are often rubefacient or attractant (i.e. they pull infected matter out of the area underneath), and there are several ways they can be done. You'll see detailed instructions below, however technically a little saliva mixed with crushed herbal matter will do the trick in a pinch! Examples of appropriate times to use poultices include a mustard poultice on the chest for lung infections, or a slippery elm poultice on a wound to draw out the foreign body or infection. Note that poultices are always applied hot, whereas a poultice is done similarly but applied cold.

1. Make an infusion or decoction

2. Filter the fluid and apply the wet spices to the influenced region (the spices can be put in a muslin pack or just enclosed by a piece of cheesecloth)

3. Leave set up, covered with a high temp water bottle.

4. Note: If your skin is touchy or the spices are extremely amazing, you can apply almond oil to the skin first. A poultice can be left set up for a considerable length of time contingent upon individual conditions, however ought to consistently be taken out if the patient communicates any sensations of uneasiness.

How to Prepare Herbal Equipment

We are lucky to live in where numerous helpful plants develop wild. I bet you do as well, in spite of the fact that your plants are presumably unique in relation to mine, contingent upon where you live. I'm encircled by plantain, dandelion, yarrow, echinacea, and numerous different wildflowers and plants. My spice garden gives lemon ointment, comfrey, marigold, cayenne pepper, and others. I reap every one of these plants at the ideal opportunity. Some I dry for sometime in the future, while others I implant in oil. I utilize the implanted oil to make treatments and ointments, just as my goat's milk cleanser.

Treatments and ointments are practically the same, and certain individuals utilize the names conversely. Balms are typically stiffer than salves and contain more beeswax. Treatments are milder, made with less beeswax, and are simpler to spread on the skin. A salve can be put away in a container, though a treatment is best kept in a container with a tight top that will assist with forestalling softening and spilling in warm climate. The two balms and ointments are remedial and are expected for outside use.

The oils and home grown fixings in the salves are ingested through the skin to act in the body, while the beeswax and a portion of the oil stay on the skin's surface where they structure a defensive layer and saturate and feed the skin.

How To Make Ointments / Salves

To make the ointment or salve, simply combine the beeswax and infused oil. Keep in mind not to put water in the oil or beeswax. Water will make your preparation more susceptible to mold.

Use a double boiler, either a tin can or a glass measuring cup in a pot of water. I usually use a tin can in a pot of water. I pinch the top of the tin with needle-nose pliers to form a beak. Add the beeswax to the top of the double boiler, or the tin can. The water should not exceed the level of the wax, so that the tin does not float.

Stew the water tenderly until the wax dissolves. Try not to leave the dissolved wax unattended. At the point when the wax is dissolved, add the mixed oil and mix until consolidated. The proportion of beeswax to mixed oil is dependent upon you. Less wax makes a salve, more wax makes a treatment, and you may like yours milder or firmer than I do. You could begin with one section beeswax to five sections oil, and add more beeswax a teaspoon at an at once.

For a balm, you can substitute a little coconut oil for one section beeswax to make a gentler item. Basically dissolve the wax as above, then, at that point, add the coconut oil and injected oil. The coconut oil will soften rapidly when added to the hot wax. At the point when you take the pot off the warmth you can add a little nutrient E oil as an additive in the event that you like, and in case you are adding fundamental oils, right now is an ideal opportunity to add them. Cautiously empty the blend into a container or tin and let it cool until it is thick.

How to Prepare Milk Breast

Expressing milk means squeezing the milk out of your breasts so that you can store it and give it to your baby later. You may want to make your milk if:

1. you need to be away from your baby, for example because you are in special care or because you have to go back to work your breasts are uncomfortably full (engorged)
2. your baby is not able to latch on or suck well, but you still want to give him or her breast milk
3. your partner will help you breastfeed your baby
4. you want to increase your milk supply

You can make the milk manually or with a bosom siphon. How frequently you crush the milk and what amount relies upon why you are doing it. Now and again a significant chunk of time must pass for the milk to begin streaming. Attempt to pick when you feel loose. Having your child (or an image of your child) close by can assist your milk with streaming. You might think that it is simpler to communicate milk in the event that you cover your bosoms with a warm towel first, or in the wake of washing up.

EXPRESSING BREAST MILK BY HAND

Some people find it easier to express milk by hand, especially in the first few days or weeks. It also means you can squeeze without the need for a pump or power supply. Hand squeezing allows you to encourage the milk to flow from a particular part of the breast. This can be useful, for example, if one of the milk ducts in your breast gets blocked. Keep a sterilized bottle or container under your breast to catch the milk as it flows. These tips can be helpful:

1. Before you start, clean up with cleanser and warm water.
2. Have something clean prepared to get the milk.

3. Some individuals find that delicately kneading the bosom prior to pressing assists the milk with streaming.

4. Cup your bosom with one hand and afterward, with your other hand, structure a 'C' with your pointer and thumb.

5. Squeeze delicately, keeping your finger and thumb a couple of centimeters from the areola, right external the more obscure region around it (areola). Try not to press the actual areola as this might bother it. This ought not do any harm.

6. Release the tension, then, at that point, rehash, developing a beat. Make an effort not to run your fingers over the skin.

7. Drops should begin to show up, and afterward your milk will generally begin to stream.

8. If no drops show up, take a stab at moving your finger and thumb somewhat, however try not to crush the hazier region close to the areola.

9. When the stream dials back, move your fingers to one more piece of the bosom and rehash.

10. When the stream from one bosom has eased back, move to the next bosom. Continue to change bosoms until the milk dribbles gradually or stops totally.

EXPRESSING MILK WITH A BREAST PUMP

There are 2 different types of breast pumps: manual (hand) and electric. Manual breast pumps are cheaper but may not be as fast as electric ones. You may be able to hire an electric pump.

Your midwife, health visitor or local breastfeeding advocate can give you details of breast pump hire services near you. The suction force can be altered on some electric pumps. Build up slowly. Setting the force to high levels straight away can be painful or damage your nipple. You may also be able to get different sizes of funnel (the part that goes over the nipple) to fit your nipples. The pump should never cause bruising or catch the nipple when it is sucked into the funnel. Always make sure the pump and container are clean and sterilized before using them.

How to Prepare Tinctures & Liniments

Figuring out how to make colors and liniments is a helpful method to store and take your spices and save you huge load of cash. Utilizing colors to take your

spices is favorable on the grounds that they are a concentrated portion. After the simple starting planning, they set aside no effort to get ready and are not difficult to manage.

They additionally have a long timeframe of realistic usability (significantly longer than dried spices all alone) and are staggeringly steady when put away appropriately; they likewise occupy less room than cumbersome dried spices. You likewise have authority over the quality and strength of your color, and can undoubtedly make custom mixes. Colors and liniments are made similarly. The main contrast is that liniments are just for outer use, for example, drying, drawing and sanitizing wounds, or treating profound muscle a throbbing painfulness, while colors are taken inside.

To make a tincture or liniment, you will need the following:

Clean glass jars with tight fitting lids.

Tape and marker to label the jars

High quality fresh or dried herbs of your choice. Grow your own, visit your local herb shop, or find a reputable online herb shop like Mountain Rose Herbs.

Monstrum of choice

Cheesecloth or strainer, at a later date

THE MACERATION PROCESS

Menstruum is the solvent used to extract the biochemical constituents of the plant, while also acting as a preservative agent. The main menstruum's used in the production of tinctures and liniments are alcohol, glycerin and vinegar.

- Alcohol is the most powerful and effective way to make a tincture. It extracts fats, resins, waxes, most of the alkaloids and many other plant components. The body quickly assimilates them and the effects are felt almost immediately. Any alcohol can be used (tequila, brandy, vodka, etc.) as long as it is at least 50 proof (25% alcohol by volume). For preservation purposes, it is typically recommended to use something 40% or higher. While alcohol is the most effective menstrual tincture, some people don't recommend taking alcohol-based tinctures for long periods for the sake of your liver. (But really, how much of the tincture are you taking?) For salves, you typically use rubbing alcohol.

- Vinegar is not as strong as alcohol and does not break down

many of the constituents of the plant as alcohol does, but it is still a very effective tincture maker. It is recommended for tonic tinctures, such as fire cider, which are used to strengthen and build the system over time. Since vinegars like apple cider vinegar are beneficial foods, it adds additional nutritional benefits to your tincture. If you use vinegar as a menstruum, warm the vinegar slightly beforehand to facilitate the release of the herbal constituents.

- Glycerin is a sweet, mucilaginous constituent found in animal and vegetable oils. It is nourishing and sweet, which makes it ideal for children's tinctures, and is a good substitute when making tinctures for people who cannot drink alcohol. It has great protection properties and disintegrates many plant properties, aside from resinous and slick mixtures, alkaloids and salts. To make a color with glycerin, 4 sections water to 1 section glycerin is suggested. It doesn't have as long a time span of usability as liquor.

So, to prepare your liniment or tincture, select your herbs and your menstruum. Then:

1. Finely slash your spices - you need to separate the strands with the goal that every one of the properties of the plant are open. Attempt to try not to utilize powdered spices, in any case, as these are hard to channel later.

2. Pour your menstruum over the spices until every one of the spices are totally covered. There is no "official" measure of menstruum to utilize when making colors, yet in the event that you should be somewhat more exact, a decent aide is 1-2 ounces of new spices per half quart of menstruum, or by weight, with the heaviness of the spices equivalent to or twofold the load by volume of the menstruum.

3. Seal the containers well and mark them. Make certain to record the date, which spices you put in which feminine, and in what extent. You will fail to remember this later.

4. Put the containers in a dim spot with a steady temperature (ideally room temperature or somewhat hotter), and let them sit for 4 two months. You can allow the colors to sit however long you like, yet under about a month isn't suggested. In the event that you recollect, flip around the containers consistently.

5. Toward the finish of the suitable time, strain your colors with a cheddar material or sifter.

6. Store your colors in a cool, obscure region in dim golden jugs and mark each color. Make certain to incorporate the date, fixings, dose and period. In the event

that you've made a liniment, make certain to compose FOR EXTERNAL USE ONLY on the mark too.

How to Prepare Ice Cubes (Even Without Ice Tray)

Ice shapes are the ideal method to cool your beverage, your body and surprisingly your fan on a hot day. Truth be told, putting a pail of ice before your fan will constrain your fan to cool the room with cold air. You may believe that utilizing an ice block plate is the best way to make ice solid shapes, yet you'd be off-base. The following are three different ways to make your ice 3D squares without utilizing an ice solid shape plate.

PLASTIC BAG

1. Fill a plastic sack with water until it is a quarter full.
2. Never fill the sack more than this since you will wind up with an enormous stone of ice that is hard to smash.
3. Larger sacks will deliver more ice, however base your decision of pack on the size of your cooler.
4. Zip the sack shut to forestall spillage, however leave some air clinched.
5. Lay the sack on its side in the cooler on a level surface and leave it there for four hours.
6. Larger sacks can take somewhere in the range of 8 and 12 hours to freeze.
7. Once the ice is frozen, eliminate it from the sack and separate the ice with your hands.
8. Alternatively, leave the ice in a sack and utilize a folding pin to loosen things up into little, flimsy pieces.

EGG BOX

1. Take a Styrofoam egg container and clean it completely to wipe out any conceivable food-borne ailments like salmonella.
2. If you just have a paper container, line each opening with aluminum foil to make an invulnerable obstruction between the water and the paper.
3. Make sure there are no holes by utilizing a square piece and squeezing it into each dimple.
4. Fill each opening with water and quit pouring not long before it arrives at the greatest.
5. If you stuff the dimples, they will spill into one another or disintegrate

the paper.

6. Carefully spot the container on a level surface in the cooler. Eliminating the cardboard top will make this activity simpler.
7. You should leave it there for no less than four hours, yet freezing it short-term is great. When it's time to remove the ice from the carton, press on the bottom of each dimple.
8. Apply gentle pressure and it will slide out of the carton.
9. If this doesn't work, pull the foil upwards to remove the ice cubes.

CUPCAKE TIN

1. Fill the openings of a cupcake or biscuit tin with water.
2. Leave the tin in the cooler for something like four hours and take it out when the water is totally frozen. Removing the ice cubes from the tray is easy when using this trick.
3. Turn the jar upside down and run the back of the jar under hot water for 30 seconds.
4. These slightly larger ice cubes will pop out, ready to be used.

How to Prepare Syrups

What is syrup?

It is simply sugar and water bubbled together. This fluid substance has a similar pleasantness as granulated sugar. Basic Syrup is the mysterious element for the best natively constructed cold beverages, mixed drinks and other beverage plans. It is a lot simpler to blend into a pre-arranged clear fluid than to add sugar straightforwardly, in light of the fact that the granules don't have to disintegrate. It is an essential and irreplaceable fixing in mixed drink arrangements. Straightforward syrup has many uses and is an incredible expansion to blended beverages, tea and espresso! It is ideally suited for improving your virus drinks where standard sugar would not effectively disintegrate. You will discover many utilizations for this syrup in your kitchen as it can likewise be utilized in sorbets, sweetening natural product, saturating wipe cakes, and so forth With these simple to-make plans beneath, you can make a cluster as little or as extensive as you can imagine and store it in the ice chest in a very much fixed container. It takes under 5 minutes to make the basic syrup. Along these lines, never get it from a shop again and never abandon a formula that calls for basic syrup. They don't call it "straightforward" to no end!

Indications:

1. In a high-sided pan over medium-high warmth, heat the virus water and sugar to the point of boiling.
2. Lower the warmth and mix continually until the sugar breaks down totally and the blend is clear, around 3-5 minutes. Keep in mind - the more you bubble it, the thicker the syrup will be the point at which it cools.
3. To test whether the sugar is totally broken down: Using a spoon, take a limited quantity of syrup. You ought not perceive any sugar precious stones in the fluid. Assuming this is the case, heat up somewhat more.
4. After bubbling, let the syrup cool to room temperature, then, at that point, empty it into a spotless, all around fixed glass container and store in the ice chest (any perfect, sealable compartment can be utilized). Storing the syrup: Sugar is a natural preservative so that this syrup will keep for a while in the fridge. Eventually the mold will start to grow if stored too long. You can also stir in 1 tablespoon of corn syrup to help ensure the syrup stays smooth.

How to Make Powders & Capsules

The properties of powders are unequivocally affected by the size, shape and pressing condition of their particles. Diverse arrangement techniques will yield powders with various properties. At the point when the materials are squashed, the states of the particles created will be dictated by the breaks that begin at the grain limits and the cleavage planes inside the singular precious stones. Simultaneously, granulating will bring about a more uniform or circular shape as the sharp corners are eroded. The grid design might show extensive twisting inside the actual particles, an impact of the mechanical work performed. At the point when solids are stored from the fluid stage, the shape is controlled by how the new layers of material are laid on top of a current translucent design.

In the underlying period of this interaction, fine particles saved as centers can frame optional particles by agglomeration. At the point when the particles are shaped by affidavit from the fume stage at raised temperatures underneath their dissolving point, it is not difficult to acquire super fine, monocrystalline particles with a limited size conveyance, circular and high virtue. To plan powders made out of particles with a specific size and shape, a cautious choice of readiness strategy is required. Crushing, warm disintegration of solids and statement of

solids from the fluid or fume stage are the most well-known strategies utilized for powder readiness.

Do you routinely take home grown cases? Did you know it's really simple (and helpful) to make your own? Not at all like getting a jug off the shop rack, making your containers at home tells you that the spices you're taking are new, natural, without filler, and figured to meet your particular requirements.

Tools needed to make capsules at home

All you will need to make your herbal capsules is a few tools:

The organic herb powder (or herbs) you want to encapsulate. Always make sure to use powdered herbs for DIY capsules.

Empty capsules. All our capsules are made from non-GMO, plant-based sources. They are easily digestible, fast dissolving, and vegan!

Capsule machine. Make sure your capsules are the same size as the machine. Ours is available in size 0 or 00. Size 00 will produce a wider capsule than size 0.

A shallow dish for easy cleaning. I like to use a clear glass pan.

A glass jar. This can be useful for storing the capsules.

Directions:

1. Place the capsule machine stand in the centre of the shallow-edged dish. Then place the base of the capsule machine on top of the stand.
2. Pull each empty capsule apart and place the longer half in the machine's base, end open. Repeat until the capsule machine base is filled with half the capsules.
3. Take the little half of each capsule and place it in the top of the capsule machine, open end up.
4. Take out your herb powder. Even two tablespoons of the herb powder (or herb mix) you would like to encapsulate will fill about 24 capsules.
5. Fill the base of the capsule machine with your herb powder. Sometimes it is easier to use a measuring cup to make pouring easier, but a spoon will do it too.
6. Using the diffusion board of the capsule machine, gently coax the powder into the capsules by gently working the diffusion board back and forth over the top of the herb so that the powder is evenly distributed.
7. Take the tamper and press down on the herb powder to get it into the

capsules.

8. Continue alternating between the spreader to distribute the powder evenly and pressing down with the tamper until the entire capsule space is filled.
9. Once filled, use the spreader paper to sweep the excess powder into the shallow-edged dish.
10. You could likewise fill the tops utilizing a similar technique as depicted above, nonetheless, we have founded that it very well may be a baffling encounter. Despite the fact that it squanders some space, we like to leave the covers void to make exemplification simpler.
11. Remove the bottom from the stand and place the top of the capsule machine on the base. Press down on the centre of the top of the machine.
12. When you feel good compression, remove the top, and the capsules should now be packed.
13. Holding an open jar on top, press down on the back of the top of the capsule machine to release the finished capsules from the machine into the jar.
14. In the jar, sprinkle a pinch of the same herb powder that you just encapsulated and give the jar a shake to spread the powder to the outside of each capsule. Enjoy!

How to Make Pills, Compresses & Lozenges

If you are used to taking over-the-counter headache pills or compresses, there is no reason why you can't make your herbal headache pills as a substitute. Making herbal pills & Compresses is easy for anyone who has ever played with modelling dough. Make them any size you like, noting down the details of the appropriate dosage for the herbs used. Store them in the fridge so they stay soft, and make them with whatever spice you like. Do you like chocolate? Roll your headache pills in cocoa powder.

You don't have to go completely out of your comfort zone to live naturally.

1. Start with a mixture of finely powdered herbs.
2. Add a tablespoon of raw honey and enough water until the mixture resembles bread dough.
3. Divide your dough into two or three pieces and roll them into a thin rope.

4. Cut the rope into small segments.
5. Roll each segment into pea-sized balls or smaller.
6. Coat each ball in a powder of your choice (cinnamon, cocoa, etc.) and refrigerate in a glass jar until needed.

Herb lozenges, also known as herb tablets or herbal tablets, consume an herb without having to prepare a food or drink to incorporate it into. They are quick to make, convenient to take, and easy to keep on hand in a desk drawer or purse! Herbalists love making lozenges because they also allow us to taste and consume the whole herb, rather than just the components that can be extracted or infused. Like other herbal preparations, they are adaptable to your unique herbal needs and preferences.

Ingredients

8 parts hand-ground organic lime leaves and flowers

2 parts other herbal powder (for flavor) such as organic orange peel powder, organic beetroot root powder, organic lavandin flower powder or organic hibiscus flower powder

3 parts raw local honey

1 part other liquid such as tincture (I like organic elderberry extract) or elixir (such as ginger syrup)

Directions

1. Using a mortar and pestle, grind the linden to the consistency of powder.
2. Mix the ground lime with the other dry ingredients.
3. Slowly add the wet ingredients. It should be like a solid play dough.
4. If the dough is too wet or sticky to work with, add more lime powder a little at a time until the desired consistency is reached.
5. If the dough is too dry and does not hold together, add small amounts of honey or liquid of your choice until just right.
6. Form the dough into small balls or quarter-inch disks.
7. Dust with a finishing herb powder such as orange or hibiscus powder.

How to Make Suppositories

With our current malnutrition and intestinal degradation levels, it is virtually impossible to make a health transformation using only the mouth. Supplements and nutrients inserted rectally have the advantage of crossing the blood-brain

barrier almost instantly, and bypassing the process of digestion. An advantage of making your suppositories is that you have full control over which ingredients to use to meet your unique needs. These methods of applying herbs can be quite useful and very effective when dealing with specific local problems and treating people who are unable to take an oral remedy for various reasons. A suppository is a single-dose bolus or herbal mass made of solid or semi-solid gelatinous oils containing herbs and/or essential oils that melt at body temperature when inserted into an orifice of the body other than the mouth. Here is everything you need to make herbal suppositories:

About 4 ounces of coconut oil (the benefits of using coconut oil is that it most likely contains almost zero levels of heavy metals, and has anti-parasitic and antibacterial attributes)

About 5 drops of herbal tincture or 2-3 drops of essential oil or 1 teaspoon of herbal powder of your choice

Optional: Aloe vera gel

Plastic or aluminium foil (you can also use moulds or small ice cube trays if available)

Directions:

1. Mix the coconut oil with your preferred natural enhancement. Warming the coconut oil makes it simpler to blend in with the spices.
2. Cool the coconut oil/spice blend in a glass container until it turns out to be firm and waxy, then, at that point, shape little parcels with a spoon into projectile or torpedo shapes about an inch long.
3. Do this on little squares of plastic or aluminum foil. The foil will assist you with making the shapes, somewhat pointed toward one side.
4. Put the suppositories in a little cooler evidence compartment.
5. Place the holder in the cooler and inside 10 minutes they ought to be adequately firm to embed. Eliminate the foil before addition.

How to Make Bath Remedies

Many individuals don't consider adding exemplary excellence items like botanical tonics, imbued oils, shower salts, or sumptuous creams when constructing their home grown drug store, however magnificence care is vital to recuperating. Similarly as colors and teas can advance solid processing and unwinding, natural self-care ceremonies support entire body wellbeing and

sustain the spirit. For instance, brilliant calendula blossoms imbued into oils can advance a brilliant tone, and the basic expansion of lavender fundamental oil to showers can loosen up the soul. While these spa practices and items might appear to be more liberal than needed on a superficial level, we have confidence in the insight of old ceremonies with regards to health.

SALT BATH SOAK

Ingredients

2/3 cup of salt of your choice: Himalayan pink salt, epsom salt or coarse sea salt

1/4 cup baking soda

10-25 drops of your choice of organic essential oil: lavender, spruce, rosemary, geranium, peppermint, sweet orange, sandalwood, frankincense

Directions

1. Mix the salt and baking soda until combined.
2. Pour in the essential oil and mix well. Sprinkle 1/4 to 1/2 cup into your bath as hot water fills the tub. Once dissolved, step in and soak your troubles away.

Making It Work For You

When you walk the streets of any American city full of skyscrapers, expensive cars, television satellites, and people glued to flip phones, it's hard to believe that barely a century ago most Americans lived very close to the land. There's no question that progress has given us conveniences and, in many instances, an easier way of life. What it hasn't given us is a sense of belonging. With every new technology that insulates us from nature and the human community, we retreat farther into our offices or dens—and farther from a great source of strength and vitality.

The Native Americans understood their surroundings more intimately than we can imagine. When they looked at a tree or a field, they saw food, medicine, life. They observed their world closely, learned its mysteries, and discovered how to put it to the best possible use. America's health care system is among the best globally, and the medical breakthroughs we take for granted would have astounded the early Americans. However, this development has come with a cost. Medications that fight disease with microscopic precision often cause side effects that make us feel worse in other ways—and modern medicine often treats our symptoms, without stimulating the body's inborn ability to heal itself.

Native Americans indeed depended on their healers much as we rely on our doctors. They went to them for medicines and guidance in recovery.

However, they never lost sight of the fact that good health, like the richness of nature, is a never-ending cycle of discovery, faith, and gratitude. And so, they watched life around them—and their health—closely. They learned. And they gave thanks for every healing remedy nature bestowed. We, in turn, can give thanks for the healing secrets they have bequeathed to us.

There are so many to choose from! It doesn't matter whether you have low energy, arthritis, or a bad back—or if you simply nicked yourself this morning in the kitchen. Hundreds of years ago the Native Americans had many of the same problems and concerns, and the solutions they discovered are equally effective today.

In the following pages you'll find discussions of many of the most common health problems we face today, along with the best Native American remedies for each condition. Be sure to consult with your doctor to rule out any serious illness before using them, however. And always use Native American healing techniques to complement—not to replace—your doctor's care.

It's hard to believe that natural remedies developed and refined so long ago can

not only complement but sometimes even surpass the abilities of modern medicine. However, it wouldn't have surprised the Native Americans. After all, they derived their strength from Mother Nature, and there's no greater power for achieving good health.

Preparing Herbs

Native Americans' faith in the healing power of herbs was equaled only by their ingenuity in using them. They generally used all parts of the plants, although different parts were prepared in various ways. Herb use also varied from tribe to tribe. Every healer had their favorite recipes and preparations. Sometimes herbs were smoked through special ceremonial pipes or burned to inhale the potent fumes, mixed with alcohol as tinctures, or blended with animal fats to make salves. Another, more primitive, method was simply to chew an herb to release the oils, then apply it to the portion of the body where it was needed. Some healing ceremonies called for patients to be burned with the smoldering branches of certain herbs for the desired therapeutic effect. The most common herbal preparations, however, weren't so exotic. The shamans of centuries ago prepared herbs in much the same way as herbalists do today. But for basic use, here are the most common methods:

HERBAL TEAS

Also called infusions, teas are made by steeping leaves, seeds, or bark in hot water. Herbal teas are primarily used for drinking, although the liquid may be applied externally to treat cuts, burns, sprains, bruises, insect bites, or poison ivy.

To make a tea, put a teaspoonful of dried herb (or two teaspoons of fresh) in a standard of hot water and let it to the mixture to stand, or infuse, for 10 to 15 minutes. This allows medicinal compounds to free themselves from the herb and be released into the water. Strain the liquid using cheesecloth or a coffee filter—or just use a tea ball—then drink as soon as it's cool enough not to burn. Herbal teas lose their effectiveness very quickly, so it's important to use them right away. After a few hours, most of the healing power will be gone. You can make stronger teas by doubling the amount of herb, but that's generally the limit. More than this amount will not make it more effective and may increase the risk of side effects.

HERBAL DECOCTIONS

This method is used for the woodier herbs or roots, stems, bark, seeds, or flowers

from which the medicinal compounds are not easily released. Put an ounce of dried herb (or two ounces of fresh) in a pint of cool water in a saucepan. Fetch the water to a boil, then reduce the heat and let it simmer for 15 minutes to an hour, depending on the herb. It's ready to use after straining the liquid and allowing it to cool. As with teas, decoctions are usually drunk as a tea, but they may also be used externally as "washes" or bathwater additives.

In some cases, they're used to soak a cloth for use as a compress. As with teas, decoctions are most effective right after brewing. However, they can be stored in a sealed container in the refrigerator for up to 24 hours.

HERBAL POULTICES

Poultices are generally used for external problems, such as wounds, sores, skin irritations, swelling, or painful areas caused by bruises, sprains, or arthritis. A poultice consists of a "mash" created by crushing fresh herbs to a paste consistency or boiling dry herbs for 10 to 15 minutes. Another, perhaps less palatable, option is to do as Native Americans frequently did—chew the herb into a paste (without swallowing) and then apply it to the skin.

Regardless of how a poultice is prepared, it needs to be in good contact with the treated area. This is usually done by applying the poultice directly to the skin or putting it between two pieces of thin cloth such as gauze, which makes the procedure tidier.

Some people are sensible to specific herbs, and treated areas may redden or show other signs of irritation. This may mean an allergic reaction is occurring, so you should stop the treatment immediately.

Herbal Remedies and Your Child

If you are interested in trying any herbal remedy with your child, it's important to talk with your doctor first and consult an experienced herbalist about use and dosage. As with any medication, children can respond to herbs differently than adults; so, you must exercise caution when administering any herbal treatment. The following chart can be used with sound medical advice to prepare herbal teas for infants, children, and teens.

Gathering Herbs

Native American herbalists received years of training before setting out on their own. They worked in an environment free from pollutants—such as insecticides and chemical fertilizers—and local ordinances. Modern Americans, however, have more to contend with, says herbalist Ana Nez Hatherley. A few safety

precautions are essential.

• Picking any plant, including medicinal herbs, is illegal in some areas, so be sure you know the local laws before setting out.

• Don’t harvest along busy highways or in other areas where there may be high pollution levels.

• Always be sure you know exactly what you’re gathering. Picking and using the wrong plant, Hatherley warns, is sure to do more harm than good.

• “Always think of the Earth and its well-being before taking any plant,” she says. Harvest only from large groups of plants, and never take more than a third of those available. Don’t take more than you plan to use, and do as little damage to the remaining plants and surrounding vegetation as possible. In other words, treat the environment with the same respect that Native Americans did.

Drying & Storing Herbs

Herbs are highly perishable even when dry, and will quickly lose their benefits unless they’re properly prepared and stored.

Fresh herbs can lose potency in a matter of days, so most herbalists dry them for storage. To dry herbs, separate the leaves from the stems and spread them in loose, single layers on a clean, flat surface. Bulkier plants may be hung from a line in a dry area such as a warm basement or attic. Flies and other insects are sometimes attracted to herbs, so you may want to cover them with a layer of cheesecloth. The time required for drying varies on the herb and the environment in which it’s being dried. Because herbs lose their potency so quickly, the shorter the drying period, the better. It usually takes about a week. An herb is sufficiently dry when it still has an aroma but is dry enough to break. If it crumbles completely when you handle it, you dried it too long.

Roots, which should be thoroughly washed before drying, take longer to dry than leaves and flowers—usually about three weeks. Once dried, store them in glazed ceramic, dark glass, or metal containers with tight-fitting lids. Plastic bags or food storage containers will absorb the essential oils.

Wildcrafting

Wildcraft is an action word characterized as gathering (spices, plants and mushrooms) from nature. This definition is just a little piece of what wildcrafting is. Most importantly, wildcrafters and foragers should be stewards of the land from which they reap. On the off chance that everybody gathered wild hastily, we would affect these wild spaces. Whenever done morally and intentionally, wild harvesting can interface individuals with the land, expanding their craving to really focus on and steward these plants and places. I have gone through years strolling on the land in the spots I collect from. I have seen the various plants develop and kick the bucket. I gather in the midst of bounty and support in the midst of stress with gifts of water from my containers or petitions of wellbeing.

Wildcrafting is regularly more with regards to investing energy in nature and fostering a profound relationship than reaping. At the point when plants are viewed as companions/partners and not products, it is simpler to perceive what is best for the plants and not what I need at that point. Plants are not generally accessible or open to being collected. When asking a plant for authorization, the appropriate response is regularly "no". Being associated with spots and plants makes it simpler to separate my "yes" from the plant's "yes". At the point when I hear "yes" to feel free to collect, I need to make sure to really look at my self image and check whether it is my longing and not the plant's voice that I am listening. Plant lust is something undeniable, and as people we frequently take to serving our longings. Plants are extremely wise, they react to human presence. New exploration has shown what many plant sweethearts have since a long time ago accepted to be valid.

WILD VS. ORGANIC

As living organisms, plants have their life energy that responds to the challenges they face to survive. Developed plants are filled in ideal conditions, with a lot of water, insignificant pressure, security from sickness and nuisances. Wild plants are more vigorous and tough. Their regular circumstances increment the existence energy of these plants. On the off chance that a wild plant can endure low water, contending plants, creepy crawly pervasions, and so forth, these difficulties add to a powerful creature. "'What doesn't kill you makes you more grounded'.

"Ages of botanists stressed the nature of wild plants over developed ones. This bias did not depend on the constitution of the plants, which is regularly predominant in developed species, yet rather on the energy of wild plants. There is a soul and energy inborn in wild things, in both fauna and vegetation, which is obvious to any individual who has visited this current nation's final wild regions. This substance is troublesome, if certainly feasible, to catch.

There is no denying how unique wild plant items are. Some are items, for example, wildling body demulcent, stream lymphatic back rub oil, sprite rose body oil. Assuming you have attempted any of these, you realize the one of a kind sorcery I am alluding to.

There has been some reaction that the impacts of wildcrafting are negative and ought to be halted, truth be told a few practices are not maintainable. This is for the most part in business collecting, where entire stands of plants will be stripped, where jeopardized or compromised plants are gathered for benefit. This isn't what I consider 'wildcrafting', this is double-dealing. "But let's not make the reactionary mistake of interpreting wildcrafting as something negative. It is not at all; It is a natural workmanship and a specialty that merits regard when performed by a talented craftsman and skilled worker. Sought after with insight and comprehension, wildcrafting is a course of yield pruning, which when polished with information never takes advantage of or decreases wild plant networks, however rather supports and upgrades them. What is required isn't judgment of this antiquated and fair art, yet more good to go educators and intense, plant-cherishing understudies.

When I harvest, it often feels as if I am caring for plants in a supportive way. Prune the plants to encourage healthy regrowth. I harvest the parts of the plant that can be broken naturally by passing animals. A cut with shears is more easily repaired and is less likely to become diseased than a twig or a torn branch that can rip open the protective bark.

I look for fresh fallen branches so that I don't have to cut them from plants and trees. After storms I can easily fill my sack with the clippings from fallen branches.

I try to collect in a way that is not noticeable. I don't only collect in one area and I never pick up the largest or smallest members of the stand. It would be very difficult for someone passing by to tell where I collected from.

Wildcrafting Checklist

Do you have permission(s) to collect on site?

Do you have identification?

Are there better stands nearby? Is the stand big enough?

Are you at the right height?

Is the stand away from roads and paths?

Is the stand healthy?

Is there any chemical contamination?

Is there natural contamination?

Are you in a fragile environment?

Are there any rare, threatened, endangered or sensitive plants growing nearby at any time of the year?

Is wildlife foraging in the stand?

Is the stand growing, shrinking or the equal size?

Is the plant an annual one or a perennial one?

Is care needed and what kind?

How much to harvest?

Time of the day? Time of the year?

What consequences will your harvest have on the medium?

Do you have the right emotional state?

Move during the harvest.

Look around after harvesting. Are there any holes or cleaning required?

Are you harvesting the herbs in the right order for a long journey?

Are you cleaning the herbs in the field?

Do you have the proper equipment for field processing?

Perceiving that the plant is a living being and fusing some sort of custom into the collect can assist with bringing issues to light of the plant's soul. Contributions, petitions and a feeling of appreciation are on the whole great to remember for the act of gathering. My collecting ceremonies are close to home and remarkable, yet I typically offer a portion of my water to the plants I gather as a feature of this custom.

Growing, Sourcing and Propagation Herbs Techniques

In the natural sense, a spice is a plant that doesn't create a woody stem and kicks the bucket back to the ground each colder time of year with a lasting root

framework. In the nursery sense, spices fill in as the principle wellspring of flavors in food arrangement. In a much more extensive sense, spices incorporate plants valuable for fragrances in beauty care products or restorative purposes. Some of them are woody and surpass the meaning of a herbaceous plant.

For Native Americans, spices were the principle wellspring of fixings for food. They were likewise used to fix illnesses, protect cloth, sprinkle floors, cover the awful taste of meat before refrigeration was developed, and color custom made textures and aromas.

With the appearance of the store, developing spices in the nursery declined as a wide scope of dried spices opened up in shops. Presently, notwithstanding, with the ascent in notoriety of ethnic food varieties, joined with the acknowledgment that new spices have a more particular character than some dried spices, an ever increasing number of landscapers are developing a few spices for crisp, drying or freezing use. The developing interest in home grown medication has additionally added to the prominence of natural development. What's more, a few spices are elaborate.

GENERAL CULTURE

Sunlight

Most herbs are easy to grow, but selecting the right location to grow them is necessary. Most herbs need a sunny position, and only a few, including angelica, woodruff and sweet woodruff, are best grown in partial shade. The oils, which are the basis of the herbs' flavour, are produced in greater quantities when the plants are exposed 6 to 8 hours of full sunlight each day. Many herbs will tolerate light shade if you do not have a good sunny location, but their growth & quality will not be as good.

Soil

Grasses fill in any great nursery soil. The dirt ought not be very acidic or antacid; a practically nonpartisan soil is best for most grasses. A pH in the range of 6.5 & 7.0 produces the best grasses. Grasses develop best when the dirt has satisfactory natural matter. Most grasses don't need exceptionally prolific soil. Exceptionally rich soils will in general create unreasonable foliage and helpless character.

While getting ready medium soils, consolidate 4 crawls of peat greenery or manure into the nursery region to further develop soil conditions and assist with holding dampness.

Drainage

When selecting a site for a herb garden, drainage should be considered. None of the important herbs grow in moist soil, but some, such as mint, angelica and lovage, thrive in fairly moist soil.

On the off chance that the main region accessible is ineffectively depleted, the region should be changed. Assemble raised beds or introduce underground seepage tiles to develop spices effectively.

Preparation

Once a site has been selected, cultivate the soil to a 12-18 inches depth, then level it. If there is only a surface layer of topsoil above the hard subsoil, temporarily remove the topsoil. Break up the subsoil, adding organic matter. After improving the subsoil, put it back in place. Although the topsoil may be better than the subsoil, the topsoil may also need additional organic matter.

Pests

Few insects or diseases attack grasses. In some locations, rusts infect mint. In hot, dry weather, mites damage some grasses.

Aphids attack anise, caraway, dill and fennel. Grasshoppers and some caterpillars attack herbs when conditions are right. Control is usually not necessary until a problem is noticed. If control is warranted and pesticides are used, make sure they are labelled for food crops if the herbs are used for culinary purposes.

Propagation from seeds

It is feasible to develop numerous spices from seeds. In the event that conceivable, plant seeds in pots or indoor pads toward the finish of winter. They need a radiant window and cool temperatures (60 degrees F) to develop best. Treat youthful plants for the nursery as you would treat youthful sage or pepper plants. A few plants take more time to create than others, start those with more modest seeds first, ideally in February. You would then be able to relocate them into individual pots and plant them in the nursery after the peril of ice has passed. The better the seeds, the shallower the planting. Some herbs do not transplant well. Sow them directly in the garden. Plant anise, coriander, dill and fennel directly in the garden and do not transplant them.

For direct sowing outdoors, plant in spring after all danger of frost has passed and the soil begins to warm up. Make the soil a fine, level seed bed. As a general rule, sow the seeds at a depth of twice their diameter.

Propagation by cuttings, division and layering

Some settled spices can be engendered abiogenetically by cuttings, division or layering.

Layering is reasonable for some perennials with adaptable branches. Division functions admirably for tarragon, chives and mint. Lavender, lemon demulcent, scented geraniums, sage and rosemary can be engendered from cuttings.

You can take spice cuttings whenever during pre-summer and summer from solid, grounded plants. Cuttings taken in harvest time take more time to root. The best cuttings are taken from sound tip development. Cuttings from vivacious delicate shoots or old woody stems are less attractive.

Slice just under a hub to frame a 3 to 5 inch long cutting. Most spices should establish in two to about a month. In the wake of establishing, overwinter inside in pots in a bright window or cold stockpiling. Plant them outside in an extremely durable area the accompanying spring.

Division is valuable for engendering sound, set up plants that can be two to four years of age. Division permits an unobtrusive increment for plants like chives, mint and French tarragon. Gap spices in late-winter before development begins. Uncover the old plant and cut it back or partition it into segments. Replant the areas and keep them wet until the new plants are set up.

Layering is the easiest and most solid strategy for expanding perpetual spices like thyme, lemon analgesic, appetizing, sage, shrub and rosemary. The fundamental rule is to deliver roots on a stem while still connected to the mother plant. After the stem has flourished, confine the new plant from the parent. Select a sound branch developing near the ground and is sufficiently adaptable to twist towards the ground. Keeping the branch near the ground, twist the initial 6-10 creeps of the stem into an upstanding position. It very well might be useful to scratch the bark on the underside of the branch into the twist. Cover the bowed and scratched segment 3 to 6 inches down and anchor it with a wire circle. Addition a little stake to hold the top piece upstanding. Water completely.

You can layer any time from spring to pre-fall. Permit the attached shoot to stay set up until the accompanying spring. Then, at that point, cut it off from the mother plant and plant it in the ideal position.

Winter protection

Numerous spices endure winter harm in our environment, so winter security for lasting spices is fitting. Many grasses have shallow roots that ascent throughout the spring defrost and soil freeze. A free mulch spread over the roots around 4 inches deep can give sufficient security. Evergreen branches, straw or oak leaves

are acceptable materials for a mulch. Try not to mulch until the dirt is frozen in late-fall. Try not to eliminate mulch until you see indications of new development in late-winter. In the event that the mulch becomes compacted throughout the colder time of year because of weighty snowfall, smooth it in late-winter before development starts.

Harvesting Herbs

Depending on the herb, the harvest may include one or more parts of the plant. In most cases the leaves are harvested, but flowers, seeds or roots are harvested. Handle flowers as you would handle leaves. Often the flowers are collected with the leaves and mixed. Dried herbs lose their quality in two to three years. Discard them if you haven't used them in that time.

Leaves

To decide the best collect an ideal opportunity for every spice, you need some experience. Be that as it may, some common guidelines can lead you the correct way for most spices. Gather leaves when they contain the ideal measure of fundamental oils. These oils give spices their uncommon taste or aroma. Preferably you should cut the spices soon after the dew has vanished from the leaves toward the beginning of the day. Reap on a dry day that has been gone before by somewhere around two days of daylight.

By and large, cut the stems for gathering when the bloom buds are simply starting to open. Mints, be that as it may, have more oil in their leaves when the spikes are in full sprout. When reaping enormous amounts of spices, utilize an open-weave crate or compartments that permit great air development. Try not to stuff spices into plastic sacks, which can warm up and make the spices break down rapidly. Never cut a greater number of stems than you can advantageously dry at one time. You can slice a perpetual spice to about a large portion of its tallness and you can slice a yearly to inside a couple of centimeters. You can likewise eliminate a yearly totally towards the finish of the period.

Wash the plants in new water following collecting and spread them out on towels. Touch them delicately with a towel until they are dry. A dim, very much ventilated room where the temperature is somewhere in the range of 70 and 90 degrees F is a phenomenal space for drying. Cooling is valuable since it lessens the moistness noticeable all around. Casings covered with cheesecloth or other netting, or metal window screens with cheesecloth extended over them, can be utilized for drying. Set up the casings or screens prior to cutting the plants. For

certain spices, the leaves are eliminated from the stems prior to drying. Spices in this gathering incorporate basil, dill, lemon salve, lovage, mint, sage, verbena and tarragon. Spread these leaves in single layers for quicker drying.

Spices with more modest leaves can be dried on the stems. These spices incorporate thyme, summer and winter exquisite, rosemary, oregano and marjoram. Strip the leaves subsequent to drying is finished. The leaves of the spices should dry in three to four days under fitting conditions. In wet climate, you might have to spread the spices out on a bread roll sheet and dry them in a broiler at around 125 degrees F for a couple of moments prior to setting them in an impermeable compartment.

A few spices don't dry well at home. All things being equal, you can freeze them. Handle them as you would for drying. Then, at that point, subsequent to washing them, whiten them in unsalted bubbling water for 50 seconds, cool them rapidly in ice water and dry them. Spread them out in a unique layer on paper or bread rolls and spot them in the cooler.

You can freeze dill, chives and basil without whitening. After the spices are frozen, place them in water/air proof compartments or plastic packs.

Roots

Angelica and lovage produce usable roots. Dig these roots in late autumn or early spring. Wash them thoroughly after digging. Then slice or split the large roots. Put the pieces in thin layers on screens and turn the slices several times a week. After they are partially dry, finish them off in an oven over low heat before putting them in an airtight container for storage. The roots can take six to eight weeks to dry out completely. When they are dry, the root piece should break when you bend it.

Seeds

You can grow and process dill, caraway, fennel and anise seeds at home. When the plants start to ripen and yellow, cut off the heads of the plants containing the seeds, leaving a short stem. Place them on a drying tray for five or six days. Then the seeds should fall out of the heads quite easily. Remove the husk and let the seeds continue to dry for another week. Stir them often. Store the seeds in airtight jars after they have dried completely.

Growing Herbs at Home

You can grow many herbs indoors, but they will be less productive than those grown outdoors. It is better to use them fresh. They require the same conditions

as outdoor-grown herbs: plenty of sunlight and a good, well-drained growing medium. Choose a south or west window. During the winter, they need all the light you can give them. If a bright location is unavailable, supplement the existing light with 'grow lights' or fluorescent lights.

For potted herbs, soilless growing media consisting of peat, vermiculite and perlite work well. Since most herbs prefer non-acidic soil, add one cup of ground limestone per bushel of soil or about one teaspoon per 5-inch pot. Pre-packaged pots usually contain limestone. Good drainage is important. Never leave herbs sitting in a saucer of water. Water well, so that some water runs through the pot but does not accumulate. Allow them to dry out moderately, but not wilt, between waterings.

You can sow annual grasses in pots at the end of the summer. They will go through a life cycle indoors. Perennial herbs will improve and be more productive if you put them outdoors during the summer. Outdoors, keep potted herbs in an area that provides good light but protects from intense heat or winds. You can also submerge pots in the garden with soil up to the rim. These pots dry out faster than the surrounding soil and may need extra watering. In autumn, bring potted herbs indoors before frost. A light frost on some herbs, such as chives, mint and tarragon, will not be harmful. Fertilise lightly as you would with houseplants, and cut back as necessary for use and maintain an attractive appearance.

Drying & Storing Herbs

One of the advantages of growing your herbs is that you can harvest fresh herbs when you need them for cooking. In addition, gardens allow you to grow special herbs that are not always available in local markets. Storing herbs for future use allows herbs to be available all year round. There are several ways to preserve herbs. Some methods may be preferable to others depending on the type of herb you are growing. Herbs should be harvested when the oils responsible for their flavour and aroma are at their peak. The right time depends on which part of the plant you are harvesting and how you plan to use it. Herbs can be harvested when the plant has enough foliage to maintain growth. With annual herbs, they can be cut back to 50-75 per cent and still recover. With perennial herbs, remove about a third of the growth at any one time. Use a sharp knife or pruners to make clean cuts.

Try to harvest early in the day after the plants have dried and before it gets hot.

Herbs are best harvested before they start to flower, otherwise leaf production will decrease. Picking or removing the flowers when they appear will ensure that the production of new leaves suitable for harvesting continues.

When harvesting herb foliage, ensure that the plants have not been sprayed with pesticides. There are various products to control insects and diseases, but many are not licensed for use on herbs harvested for foliage to eat.

Drying Herbs

The traditional way of preserving herbs is air or low heat drying. Drying concentrates the flavour of the herbs, so it may be necessary to use only a third or a quarter of the amount of fresh herbs in recipes.

After harvesting, gently wash the herbs and dry them thoroughly on paper towels. Remove any dead or damaged material. Tie the herbs in loose bunches that allow good air circulation around each bunch. Bunches can be placed in small paper bags with the ends of the stems sticking out of the top of the bag. Punch holes in the bag to allow ventilation. The bags help to protect the herbs from dust and other contamination during drying. Hang bunches of herbs in a warm, dry and well-ventilated area out of the sun. A well-ventilated garage, shed, barn or attic works well. The herbs can take up to a month to dry completely.

Tray drying is another method that works well with short-stemmed herbs or for individual leaves. A simple frame that has a wire attached to the bottom works well. Put the herbs in a single layer on the bottom and place the trays in a warm, well-ventilated area out of the sun. It may be necessary to turn the leaves to ensure even drying.

Drying with heat may involve the use of conventional ovens, microwave ovens or dehydrator ovens.

Domestic dehydrators do an excellent job of drying herbs. Refer to the owner's manual for specifications and settings.

Oven drying works well if temperatures can be closely monitored. Often, oven temperatures cannot be set low enough and the result is loss of flavour and colour. However, if the oven temperatures can be kept between 90 and 110 degrees, this would be the ideal temperature for oven drying. Setting the oven to the lowest temperature and leaving the oven door slightly open will often result in temperatures maintained at that level. Check the drying progress often and turn the herbs if necessary. It may take 3-4 hours to dry the herbs using this

method.

Microwave ovens can also be used to dry small quantities of herbs quickly. Always observe safety precautions when drying herbs in a microwave oven and check the manufacturer's recommendations for using their product when drying herbs, as there is a risk of burning the herbs and the possibility of starting fires.

Prepare the herbs by washing and drying them very thoroughly. Any excess moisture on the herbs will lead to them cooking and not drying. Place the herbs between two pieces of paper towels and microwave them at high temperature for 1-3 minutes. Check the progress every 30 seconds and turn the herbs to ensure even drying. After removing them from the microwave, place the herbs on a rack and allow them to cool before storing. After the herbs are dry remove the leaves from the stems and pack them in sealed containers in a cool place out of sunlight. To preserve the full flavour of the herbs try to avoid crushing the leaves when packing them. Ideally herbs should be crushed just before adding them to recipes. With proper storage, most herbs retain their flavour for about a year.

To dry the seeds of herbs, cut off the stems with the seed heads as soon as the heads start to turn brown. Gather them into small bunches and hang them upside down in paper bags with ventilation holes punched in the sides of the bags. Hang the bags in a warm, well-ventilated area out of the sun to let them dry. Once dry, the seeds can be shaken off the seed heads. Rub the seeds carefully to separate the seeds from the capsules. Laying the seeds on a clean flat surface and gently blowing on the seeds will help remove any debris and trash. Collect the seeds and store them in sealed containers. Seeds can take longer to dry than leaves. Make sure the seeds are completely dry before storing them to prevent them from getting mouldy.

Freezing Herbs

Although freezing herbs is perhaps the easiest method, herbs treated in this way are most useful in cooking, as frozen herbs are not suitable for garnishing. Freezing alters the quality of appearance but not the quality of flavour.

After the herbs have been washed, they can be coarsely chopped and generous pinches of herbs can be placed in ice cube trays filled with water and frozen. The cubes can then be transferred to plastic bags and placed in the freezer. The individual cubes can be taken out when necessary.

Herb leaves can also be blanched in boiling water for about one minute and then cooled rapidly by immersing them in ice water. The leaves can then be placed in

tightly sealed plastic bags and frozen.

BOOK 4: HEALING HERBS FOR TEAS AND INFUSION

Tea, Bath, Decoctions, Tinctures, Breast milk and Ice Cubes

Tea

PASSIONFLOWER AND BLUE VERBENA TEA

Makes 1 cup

The passion and the verbena blue relax both the nervous system and soothe the muscles sore. It is a deeply relaxing blend, so be sure to take it when you have some time to rest.

Ingredients:

- 1 cup of boiling water
- 1 teaspoon of dried passionflower
- 1 teaspoon of dried blue verbena

Instructions:

1. Fetch the boiling water into a large mug. Add the dried herbs, cover the mug, and allow the tea too steep for 10 minutes.

2. Relax - and drink the tea slowly. Repeat up to two times per day.

Precautions:

Do not use passionflower or blue verbena during pregnancy. To avoid passionflower if you have prostate or baldness problems.

GINKGO-THYME TEA

Makes 1 cup

Ginkgo biloba and thyme help to open your airways and relax the muscles of your chest so that you can better breathe. If you do not like the flavor of the tea, you can add a teaspoon of coffee to honey or dried peppermint to the mixture to improve its taste.

Ingredients:

- 1 cup of boiling water
- 1 teaspoon of dried ginkgo Biloba
- 1 teaspoon of dried thyme

Instructions:

1. Fetch the boiling water into a large mug. Add the dried herbs, cover the mug, and allow the tea too steep for 10 minutes.

2. Relax - and drink the tea slowly while inhaling the vapor. Repeat up to four times a day.

Precautions:

Do not try to use if you are taking a monoamine oxidase inhibitor**.**

(MAOI) for depression. Ginkgo biloba enhances the effect of blood solvents, so talk to your doctor before using it.

CATNIP AND HYSSOP TEA

Makes 1 cup

Catnip and hyssop fight inflammation and relieve symptoms, including sore throat and muscle aches. They also give power to your immune system and help fight against the virus of influenza. This tea is very relaxing and is ideal for drinking before a nap or bedtime.

Ingredients:

- 1 cup of boiling and hot water
- 1 tp of dried catnip
- 1 tp of dried hyssop

Instructions:

1. Fetch the boiling and hot water into a large mug. Add the dried herbs, cover the mug, and allow the tea too steep for 10 minutes.

2. Relax - and drink the tea slowly while inhaling the vapor. Repeat up to four times a day.

Precautions:

Do not use hyssop or grass to chat during pregnancy. Omit the hyssop that

you suffer from epilepsy.

FENNEL-HYSSOP TEA

Makes 1 cup

Fennel releases phlegm, making coughing more productive. If you have a dry, piracy of coughing and a sore throat, you will find that the fennel and hyssop in this tea provide quick relief from the discomfort.

Ingredients:

- 1 cup of boiling water
- 1 tp of fennel seeds
- 1 tp of dried hyssop

Instructions:

1. Fetch the boiling water into a large mug. Add the herbs, cover the mug, and

allow the tea too steep for 10 minutes.

2. Relax - and drink the tea slowly while inhaling the vapor. Repeat up to four times a day.

Precautions:

Do not take any hyssop if you are pregnant or if you suffer from epilepsy.

Bath

KERATOSIS PILARIS (BATH)

Keratosis pilaris is a common skin illness that occurs when the skin produces too much keratin. With the plates dry and rough and bumps are resembling pimples that often appear in the back of your arms and your legs, the " skin chicken " is harmless but unsightly.

Scrub chickweed

Makes 2 cups

The chickweed and baking soda offer an exfoliation effective but gentle, and chickweed help relieve inflammation that accompanies keratosis pilaris. This scrub will remain in fresh condition for up to six months when stored in a sealed container in a cool, dry place.

Ingredients:

- 1 cup of baking soda
- 1 cup of chickweed dried crushed

Instructions:

1. In a food processer or blender, mix the soda paste and crushed chickweed. Process until a fine powder is obtained.

2. During the shower or bath, mix 1 tablespoon of scrub with a quantity equal to your cleaner, the body fluid preferred. Apply the entire amount to the areas affected by keratosis pilaris, rubbing gently while using circular massaging motions. Repeat at least three times a week.

Precautions:

Baking soda can dry out the skin. Spot test this scrub first before the beginning of use repeatedly. If you feel a drought or a sensation of burning of the skin, stop immediately.

CALENDULA-CHAMOMILE BODY BUTTER

Makes about 2 ½ cups

The calendula and chamomile soothing offer anti-inflammatory properties that help the skin irritated, while rich emollients seal the moisture in the interior. This body butter is a good general moisturizer, and you can use your favorite essential oils to add your favorite scent. When kept in a cool, dark place, this body butter stays cool for up to a year.

Ingredients:

- 2 ounces of dried calendula
- 2 ounces of dried chamomile
- ½ cup coconut oil
- ½ cup of jojoba oil
- ½ cup of cocoa butter
- ½ cup of shea butter

Instructions:

1. In slow cooking, mix all the components. Select the lowest T setting, cover the slow cooking, and allow the herbs too steep for 3 to 5 hours. Turn off the T and let the fresh oil infuse to cool.
2. Wrap the cheese wrapped in a large bowl mix. Pour the soak oil, then screw and distort the cheese until more oil comes out. Drop the cheese and flowers.
3. Put the bowl into the refrigerator to cool the mixture for about 1 hour or until it begins.
4. Use a manual mixer or immersion agitator, whipping oil for 10 minutes or until it has a consistent light and foam. Send a bowl back to the refrigerator for 15 minutes, then transfer the object to a clean, dry jar with a tight cover.
5. With your fingers, you apply for a certain amount of hair on the area of a problem. Repeat the soft silk skin every day as needed or more.

WOUND WASHING

Makes 3 cups of dried herb mix (enough for 10-20 liters of wound wash)

If you are in a hurry, a simple wash with rose water or alcohol-free witch hazel extract is very effective during the cleansing phase. After that, move on to soaks and compresses with a formula like this. In the later stages of healing, you can add ½ cup of dried marshmallow or kelp for their emollient effects.

Ingredients:

- ½ cup of dried calendula flower
- ½ cup dried plantain leaf
- ½ cup dried rose petals

- ½ cup dried goldenrod leaves and flowers
- ¼ cup of dried chamomile flower
- ¼ cup of self-healing dried leaves and flowers
- ¼ cup dried St. John's Wort leaves and flowers
- ¼ cup dried yarrow leaves and flowers
- Salt, for infusion

Instructions:

1. In a medium vessel, mix all the herbs. Store in a tightly closed case.
2. Prepare a hot infusion: Prepare a kettle of boiling water. Measure 4-6 tablespoons of herbs per liter of water and place them in a mason jar or French press. Pour in boiling water, cover, and let steep for 20 minutes or until cool.
3. Incorporate 1 teaspoon of salt for every liter of infusion you have made.
4. Soak the injured part or apply a compress to the affected area.
5. Repeat as often as you can, at least 3 times a day.

PINE RESIN BALM

Makes 8 ounces (40-day supply)

Pine resin ointment is the best choice for wounds that have closed or have never been very deep. You can also work with the resin of other conifers. Resin can be harvested directly from trees - you'll find whitish patches of it along the trunk where branches have been lost. Leave enough on the tree to keep the wound sealed - this resin is how the tree crusts!

It will probably contain pieces of bark, dirt, insect parts, etc., don't worry - you'll filter them out during processing.

After picking up the resin, use a little oil to wash your hands - soap and water will not work. Just drop a little liquid oil that you have on hand in your hands and rub it as if it were soap. The resin will become soften and put aside from your skin. Then you can use original soap and hot water to wash it off.

You can use regular oil to infuse your resin, but starting with an herbal-infused oil means you get the good deeds from all of those herbs, instead of just the ones the resin contributes to.

Ingredients:

- 6 to 8 ounces of pine resin or other coniferous resin
- 8 fluid ounces total of calendula infused oil, goldenrod infused oil, and/or plantain infused oil
- 1 ounce of beeswax, chopped or grated, and more as needed

Instructions:

1. In a small saucepan vessel over low heat, combine resin and fresh infused oil and rise temperature gently, stirring frequently. The resin will become soften and dissolved, infusing the oil with its virtues.

2. Pour this hot oil through a few layers of cheesecloth. Wrap the remaining mass and squeeze it to extract as much oil as possible.

3. Make an ointment using this resin-infused oil (see here for full instructions).

4. Put the wound on several times a day, each time using fresh and neat dressings.

TOPICAL APPLICATION FOR ABRASIONS

Ingredients:

- 1 teaspoon white pine inner bark
- 1 teaspoon of wild cherry bark
- 1 teaspoon of wild plum root
- 2 cups of water

Instructions:

1. Combine the above herbs in a saucepan and cover with water.

2. Bring to a boil and boil until the bark and roots are tender.

3. Cool and filter.

4. To use, soak a clean (preferably sterilized) cloth in the solution and apply it to the affected area.

TOPICAL WASHING FOR CUTS

Ingredients:

- 1 teaspoon of pleurisy root
- 1 teaspoon of ginseng root
- 2 cups of water

Instructions:

1. Combine the above herbs in a saucepan and cover with water; bring to a boil and boil for 20 to 30 minutes; stump.

2. Apply locally as needed.

Tincture

Chopped herbs mixed with alcohol. Other chemicals can be utilized in place of alcohol, such as apple cider vinegar or glycerin. Maceration (mixing the chopped

grass) can be done in a blender. Example: Dilute one volume of 190 % alcohol (95 % alcohol Ever clear) with an equal amount of water to obtain approximately 50 % alcohol.

Next, chop the freshly cut echinacea flowers into small pieces, place them in a blender, and cover with 50 percent alcohol, then let steep.

Let the fresh maceration rest in the refrigerator for four hours, then strain and bottle. Quantity: When making a tincture with a dry herb, a ratio of 1: 5 is usually used; that is, 1 ounce of the dried herb is macerated and mixed with 5 ounces of alcohol—50 percent (100 proof). With fresh herbs, a 1: 2 ratio is often used: 1 gram for every cubic centimeter of 50 percent alcohol (at 100 degrees).

RINSES MOUTH PEPPERMINT, SAGE MINT

It makes about 2 cups.

Peppermint and sage freshen your breath, while the alcohol in this mouthwash kills germs. When made with vodka and kept in a cool, dark place, the rinse will stay fresh for up to 6 years.

Ingredients:

- 6 ounces of dried peppermint
- 2 ounces of dried sage
- 2 cups of unflavored 80's vodka-proof

Instructions:

1. In a sterilized quart jar, combine the herbs. Add the vodka, fill the pot to the very top and cover the original herbs completely.

2. Cap the jar vessel fully tight and shake it to the top. Conserves- it in a closet cold and dark and secures- the several times per week for 6 to 8 weeks. If any of the alcohol evaporated, add more vodka to fill the jar.

3. Wet a piece of cheesecloth and place- it on the mouth of a funnel vessel. Put the tincture through the funnel into another sterilized quart jar. Wring out the liquid from the herbs. Throw the exhausted herbs and transfer the dyeing finished in the bottles in glass dark.

4. After you be brushed the teeth, rinse with 1 tablespoon of bath of mouth. Repeat at least twice a day, and more often if you prefer.

MILK THISTLE COLORING

It makes about 2 cups.

The thistle supports the liver while detoxifying the body. This remedy will not help you feel better immediately, but it will make things easier on your system.

When accumulated in a cool, dark place, it will stay cool for up to 6 years.

Ingredients:

- 8 ounces dried milk thistle
- 2 cups of unflavored 80's vodka-proof

Instructions:

1. Place the milk thistle in a sterile quart jar. Add the vodka, fill the pot to the very top and cover the original herbs completely.

2. Cover the jar vessel tightly and shake it to the top. Conserves- it in a closet cold and dark and secures- the several times per week for 6 to 8 weeks. If any of the alcohol has evaporated, add more vodka so that the jar is full again at the top.

3. Wet a piece of cheesecloth and place- it on the mouth of a funnel vessel. Put the tincture through the funnel into another sterilized quart jar. Squeeze the liquid from the herbs, wringing out the cheesecloth until it no longer comes out. Discard the spent herbs and transfer the stain finish to dark-colored glass bottles.

4. Take 10 drops orally two or three times a day for 7-10 days after abuse. If the taste is very strong for you, you can mix it in a glass of water or juice and drink it. If you avoid alcohol, add the dye to a cup of tea made with hot water. The alcohol will evaporate within about 5 minutes.

Precautions:

Overuse of milk thistle can cause mild diarrhea. Reduce the quantity or frequency if this occurs.

TINCTURE OF SKULLCAP

It makes about 2 cups.

Skullcap is a sedative light that has an effect beneficial on the pain nerve. If you have migraines and that you do not support the big chamomile, a skullcap is an alternative to consider. This dye provides relief fast. Skullcap can also be found in a convenient capsule shape if you'd prefer that. When stored in a cool, dark place, this.

Tincture retains freshness for up to 6 years.

Ingredients:

- 8 ounces of skullcap
- 2 cups of unflavored 80's vodka-proof

Instructions:

1. Place the cap in a sterilized quart jar. Add the vodka, fill the pot to the very top and cover the herbs completely.

2. Cover the lit of the jar tightly and shake it to the top. Conserves- it in a closet cold and dark and secures- the several times per week for 6 to 8 weeks. If any of the alcohol has evaporated, add more vodka so that the jar is full again at the top.

3. Wet a piece of cheesecloth and place- it on the mouth of a funnel vessel. Pour the tincture through the funnel vessel into another sterilized quart jar. Squeeze the liquid from the herbs, wringing out the cheesecloth until it no longer comes out. Discard the spent herbs and transfer the stain finish to dark-colored glass bottles.

4. Take 1 teaspoon by mouth two or three times a day when you have a headache. If the taste condition is too strong for you, you can mix it in a glass of water or juice and drink it.

Precautions:

Do not take skullcap during pregnancy.

DANDELION-LAVENDER TINCTURE

It makes about 2 cups.

Dandelions are a great source of potassium, which naturally controls salt levels and helps lower blood pressure. The scent and lavender oils relax and balance the nervous system.

Ingredients:

- 4 ounces of root Dandelion dried, finely chopped
- 4 ounces of sheets lavender dried, chopped
- 2 cups of unflavored 80's vodka-proof

Instructions:

1. In a sterilized quart jar, combine the herbs. Add the vodka, fill the pot to the very top and cover the herbs completely.

2. Cover the jar vessel tightly and shake it to the top. Conserves- it in a closet cold and dark and secures- the several times per week for 6 to 8 weeks. If any of the alcohol has evaporated, add more vodka so that the jar is full again at the top.

3. Wet a piece of cheesecloth and place- it on the mouth of a funnel vessel. Put the tincture liquid through the funnel into another sterilized quart jar. Squeeze the liquid from the herbs, wringing out the cheesecloth until it no longer comes out. Discard the spent herbs and transfer the stain finish to dark-colored glass

bottles.

4. Take 10 drops by mouth two or three times a day. If the taste is very strong for you, you can mix it in a glass of water or juice and drink it. Continue while pursuing the change of lifestyle and taking measures positive to improve your tension blood.

Precautions:

Do not use this tincture for more than 2 months. Excessive use of dandelions can lead to dangerously low blood pressure levels. When taken orally, the amount excessive of lavender may result in constipation, headache, and increased appetite. If you experience any unwanted side effects, see your doctor immediately.

Decoctions

Decoctions are another form of herbal remedies. This is the extraction of medicinal qualities from the herb by steeping it in water until the water gets its color, smell and taste traits. Decoctions are made through the process, allowing plant material or herbal substances to release their active ingredients during boiling. In this way, various natural chemical components present inside the herb can be easily released by mixing it with warm water. Decoctions are widely used sources of herbal medicine in herbalism. When roots or barks of plants contain medicinal benefits, it is hard to obtain extracts from these hard parts of plants, such as willow bark. Decoctions are used to extract tannins, which are harsh and bitter and help in digestion.

Decoctions have been used to treat many different health problems over centuries, especially in herbal medicine. The process is also very useful for treating several health disorders, including blood purification, liniments for skin problems such as acne and dermatitis, tonics for dryness, and irritations such as eczema psoriasis.

Often they are known to be useful for treating musculoskeletal problems such as rheumatism, arthritis, cramps etc.

MAKING HERB-INFUSED DECOCTIONS

Herbs can be used to make herbal decoctions but they can also be used to prepare infusions. This is the process of preparing herbs by boiling the leaves with water, usually for a longer time than what is needed to make decoctions. In this way the active ingredients would be more effective because they concentrate inside the water and not simple in the herbs themselves. Decoctions are made through boiling herbs in water until the water gets its color, smell and taste traits.

In this way, various natural chemical components present inside the plant can be easily released by mixing it with warm water. Decoctions are widely used sources of herbal medicine in herbalism. However, they can also be made from bark or roots or barks that do not contain as many medicinal benefits as extracts from leaves, flowers, seeds, etc.

Here is a list of Decoctions for you to tryout;

BASIL DECOCTION

Method:

1. Boil 2 – 3 tbsp of Basil leaves in a cup of water.
2. Cover with a lid and steep for ten to fifteen minutes.
3. If you want the mixture to be more concentrated, you can increase the amount of Basil leaves you to use when preparing your decoction.
4. Take your hot decoction and strain it using a strainer or cheese cloth into an empty cup.
5. Thoroughly clean up the filter if used before storing it for later use.
6. Drink this hot herbal tea twice daily for best results.
7. Other ingredients that you may want to include in your decoction are mint leaves, rosemary or lavender.
8. Also note that Rosemary can be used instead of Basil for a more robust decoction.

GERMAN CHAMOMILE DECOCTION

Method:

1. Boil 1 – 2 tbsp of Chamomile flowers in a cup of water.
2. Hide the cover with a lid and steep for 10-15 minutes.
3. Take your Hot Chamomile decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. You may want to include other ingredients in your decoction: mint leaves, rosemary or lavender.
7. Also note that Rosemary can be used instead of Chamomile for a more robust decoction.

CHICORY DECOCTION

Method:

1. Boil 1 – 2 tbsp of Chicory roots in a cup of water.
2. Cover with a lid and steep for 5-10 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. You may want to include other ingredients in your decoction: mint leaves, rosemary or lavender.
7. Chicory can be used instead of Chamomile for a more robust decoction.

GINGER DECOCTION

Method:

1. Boil 1 – 2 tbsp of Ginger in a cup of water.
2. Hide the cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. Other ingredients that you may want to include in your decoction are mint leaves, rosemary or lavender.

GINKGO BERRY DECOCTION

Method:

1. Boil 1 – 2 tbsp of Ginkgo in a cup of water.
2. Cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. You may want to include other ingredients in your decoction: mint leaves, rosemary or lavender.

GINSENG DECOCTION

Method:

1. Boil 1 – 2 tbsp of Ginseng in a cup of water.
2. Cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. Other ingredients that you may want to include in your decoction are mint leaves, rosemary or lavender.

HORSETAIL DECOCTION

Method:

1. Boil 1 – 2 tbsp of Horsetail in a cup of water.
2. Cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. You may want to include other ingredients in your decoction: mint leaves, rosemary or lavender.

IRISH MOSS DECOCTION

Method:

1. Boil 1 – 2 tbsp of Irish moss in a cup of water.
2. Cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. Other ingredients that you may want to include in your decoction are mint leaves, rosemary, or lavender.

Breast milk

FENNEL SEEDS

Fennel seeds are great for increasing the milk supply in nursing mothers. It has phytoestrogens, similar to estrogen, which is a hormone that also helps in

producing more milk

Instructions

You can use fennel seeds to make tea by infusing them in hot water for a few minutes. You can add honey for sweetness (optional). You may take this tea a couple of times a day. If you are not very enthusiastic about tea, you may chew a spoonful of Add- roasted seeds a few times a day.

TORBAGUN LEAVES

This is a great herb for breastfeeding. Torbagun leaves are popularly used in Bataknese cuisine, but they have been in use for centuries for improving lactation in breastfeeding mothers.

Instructions

You may use these miraculous leaves in any form. You may take half a teaspoon or so of the leaves and add them to a cup of boiling water to make some tea, add it to your soup, or your regular vegetable preparation and consume it regularly.

FENUGREEK SEEDS

Fenugreek seeds are one of the best herbs for breastfeeding mothers to increase milk production. It also contains diosgenin and phytoestrogen. These seeds are also loaded with galactagogue, which makes them great for mothers who wish to enhance their breast milk supply

How To Use

You may take a teaspoon full of fenugreek seeds and boil them in water. Strain the seeds. You may add a teaspoonful of honey and a pinch of turmeric to this to enhance the taste. Drink this tea at least two to three times a day. Mix fenugreek sprouts with salad or veggies as well.

SHATAVARI

This Ayurvedic herb has has been in use to overcome lactation problems in women. This herb has galactagogue properties that help increase the production of prolactin and corticoids, which help produce breast milk, which in turn, improve lactation and the q uality of breast milk too.

How To Use

You may take this herb by mixing it in water, or you may also buy Shatavari herbal supplements for increasing breast milk supply.

CINNAMON

Cinnamon is a fragrant herb that enriches the flavors of many culinary dishes. However, for a long time, many breastfeeding mothers who suffer from insufficient milk supply have been using this herb to increase their milk flow. It is also said to enhance the flavor of breast milk.

How To Use

Lactating mothers may consume cinnamon by mixing a pinch of cinnamon powder in warm water, half a teaspoon of honey, or by adding it to milk. You may take cinnamon for a month or two to see the difference in your breast milk supply.

ANISE

This herb has estrogenic properties; it contains anethole, which is a phytoestrogen. which helps unblocked clogged milk ducts and increases breast milk supply

How To Use

You may make tea by infusing a few anise seeds in hot water. Add sugar or honey for taste. You may safely consume two to three cups in a day.

The availability of these ayurvedic/natural herbs may make you pick some of them and begin consuming them right away. However, it's not as simple because you must consume what is healthy for your baby. Additionally, your body may not react the way it used to before after consuming the same ingredients. But you need not worry. Take these precautionary measures to ensure you gain the most health benefits from these ayurvedic herbs.

Ice Cubes

ICE CUBES

Ingredients:

- Herbs, of choice (basil, chives, cilantro, fennel, lovage, mint, oregano, parsley, rosemary, sage, tarragon, thyme)
- Boiling water

Directions:

1. Mince herb (s) of choice.
2. Pack minced herb (s) into an ice cube tray, each 3/4 full.
3. Fill with boiling water, (this will blanch the herbs before freezing and will help them retain their flavor and color).
4. Once the herbal ice cubes are frozen, you can pop them out of their tray

and into freezer bags for storage. Use as needed.

HERB INFUSED ICE CUBES

Ingredients:

- Ice Cube Tray
- Fresh herbs
- Water

Directions:

1. Fill each section of an ice cube tray with fresh herbs.
2. Fill the ice cube tray with boiling water. This will blanch the herbs and help them retain their color and flavor. Freeze

BOOK 5: NATURAL HERBS REMEDIES

Native American Medicine

For Native Americans, the word "Medicine" meant much more than a substance to restore health and vitality to a sick or exhausted body. Medicine meant "Power", the life force seen within every aspect of Mother Earth, "wholeness" and "integrity". A person's Medicine was their energy, the expression of their vital organism, it also meant "Knowledge," because knowing gives the person the power to do in their life while without it would result in nothing more than a blind and deaf ambulation.

"Medicine" is everything that can support man in feeling connected and in harmony with nature and all living beings everything that heals the body, mind and spirit is Medicine. To find the answers to a problem, our Ancestors went to the forests or mesas to observe the omens or signs that would help and support them in the healing process. In this way they reconnected with the Higher Powers and Helpers of Medicine.

We draw from their ingredients and teachings to derive a series of natural remedies to treat common ailments. This chapter will find everyday ailments and the most effective natural remedies to treat and heal them. Enjoy reading and stay healthy!

ALFALFA

Medicago sativa

Alfalfa has been used in many parts of the world for thousands of years, as a food source for humans and livestock, and as a medicinal plant. As an easily accessible source of nutrients, it may be more useful than as a medicinal plant.

Alfalfa is an best mean of most vitamins, including vitamins A, D, E, and K. Vitamin K is essential for blood clotting, so alfalfa helps to improve blood clotting. blood. It also contains trace elements such as calcium, magnesium, iron, phosphorus and potassium. Alfalfa is also richer in protein than many other plant foods. This rich nutrient content makes alfalfa a popular tonic during the recovery period when it is brewed into tea.

In addition to using seeds and leaves as food, alfalfa has a long history of being widely used as a diuretic or "water pill" in Europe. It is said that alfalfa can also lower cholesterol. Alfalfa is utilized to cure arthritis, diabetes, digestive problems, weight loss, ulcers, kidney and bladder problems, prostate disease, asthma, and hay fever. Alfalfa is also considered estrogen (similar to estrogen).

Alfalfa is not local to the United States and did not appear until around 1850. However, once introduced, it quickly spread and was adapted by Native Americans as a food source for humans and animals. The seeds are often ground and used as flour to make porridge. The leaves are eaten as vegetables. In the United States, the main medical use of alfalfa is as a tonic or tonic tea.

METHOD OF USE

Although alfalfa is available in the form of fresh or dried leaves, it is most often taken in the form of powdered alfalfa capsules or tablets. When using dry leaves, soaking one ounce of the dried leaves in a quart of water for up to twenty mins makes a tea. Two cups of this tea are drunk a day.

In traditional Chinese medicine, fresh alfalfa juice is used to treat kidney and bladder stones. To treat water retention, alfalfa leaves are added to a soup with tofu and lard.

PRECAUTIONS

Although taking alfalfa in the recommended amount is harmless to most people, people with systemic lupus erythematosus (SLE) autoimmune diseases should not take any form of alfalfa. In a well-documented study, patients with latent SLE reactivated their symptoms through the use of alfalfa. In another study, monkeys fed alfalfa sprouts and seeds had new cases of SLE. People with other autoimmune diseases should avoid alfalfa as a preventive measure. Additionally, some allergic reactions to alfalfa tablets contaminated with other substances have been reported. Do not administer in case of degeneration of the liver and gallbladder, during menstruation or pregnancy, or for hemorrhoids. It is safe to use aloe as established by traditional medicine, but in all complicated cases the advice of a doctor or professionals qualified in this field should be sought.

ALOE

Aloe vera

Sometimes called a “first-aid kit with roots,” it’s among the most popular herbs in America today. Native Americans first used aloe in Florida and the southwestern United States. It soon became known as a skin remedy without equal, and its popularity spread quickly. Native Americans used aloe to speed the healing of burns and wounds and treat insect bites, fungal infections, frostbite, eczema, dry skin, and poison ivy. Today, many skin products contain extracts from this amazing herb, and for good reason. Research has shown that aloe helps skin cells to regenerate, making it ideal for treating skin disorders of all types. It also may be effective for treating gum disease, acne, colitis (inflammation of the large intestine), and ulcers. As a lotion, it can help treat the inflammation of arthritis. Taken internally, it’s also been used for easing constipation. Because the pure sap of the aloe plant makes a cooling, healing salve for minor cuts, scrapes, and burns, many people keep an aloe plant growing on their kitchen window sills for quick relief.

PHYSICAL CHARACTERISTICS

Aloe is a cactus-like plant that stands one to two feet high. It has thick, shiny, pale green leaves, which are somewhat prickly along the edges.

WHERE CAN BE FOUND

Aloe prefers warm, semi-tropical conditions, but it’s an adaptable plant. Now found in most parts of the country, it is often grown indoors. It should be watered sparingly and not given too much sun.

METHODS OF USE

The simplest and most effective way to use aloe is to cut off a section of one leaf and squeeze it to release the thick, gel-like sap. Apply the gel to affected areas of the skin. You can buy aloe extracts intended for internal use in health food stores or herb shops. However, don’t take aloe internally without checking with a doctor. Internal use should also be avoided during pregnancy and breast-feeding.

PRECAUTIONS

Do not administer in case of degeneration of the liver and gallbladder, during menstruation or pregnancy, or for hemorrhoids. It is safe to use aloe as established by traditional medicine, but in all complicated cases the advice of a doctor or professionals qualified in this field should be sought.

AMERICAN MISTLETOE

Phoradendron leucarpum

It is native to the United States and Mexico. Eastern mistletoe, oak mistletoe, Pacific mistletoe, hairy mistletoe, and western mistletoe are their common names. The Druids of Europe used another species of mistletoe about 1,500 years ago for seizures, delirium, paranoia, neuralgia, and heart problems. Foradendron was used in similar ways by Native Americans for blood pressure, respiratory ailments, epilepsy, headaches, and miscarriages. The Cherokees developed tea slime, which was used to wet the head during

Headache and lung conditions, such as tuberculosis. The flow made a concoction. The Mendoza Indians also used the root to stop pregnancy. Some applications involved root biting for toothache, body rubbing for pain in the limbs and knees. It was also used in the ritual rites of various tribes. The plant is known to be poisonous and should be used with caution.

AMERICAN GINSENG

Panax quinquefolius

Three different herbs are commonly referred to as ginseng: Asian or Korean ginseng (Panax ginseng), American ginseng (P. quinquofolius), and Siberian ginseng (Eleutherococcus senticosus), the latter having many similar effects, but. ... in one of different ways. Family of plants.

The American Indians used it in the same way as the Chinese, as a preventative measure. When ginseng was first discovered growing wild in North America, it became big business. American folk hero and pioneer Daniel Boone was known as a fur trader, but made his fortune selling wild ginseng.

The vast majority of ginseng research has focused on the Asian variety, not the American one. The two species have similar properties and herbalists use them interchangeably.

MEDICAL USES

Ginseng is sometimes known as an " adaptogen, " which means it is an herb that helps the body deal with various types of stress, although there is no scientific evidence to prove the benefits of adaptogens. Animal laboratory studies have shown that American ginseng is effective in boosting the immune system and as an antioxidant. Other studies show that American ginseng may have therapeutic

potential for inflammatory diseases. The investigation focused on the following conditions:

Diabetes: A number of human studies have shown that American ginseng can lower blood sugar levels in patients with type 2 diabetes. There was an effect on fasting and postprandial blood sugar levels (after meals). The study found that patients with type 2 diabetes who previously or simultaneously consumed high-sugar drinks had lower peak blood glucose levels. Other studies have shown that North American ginseng prevents diabetic complications, including changes in retinal and heart function, by reducing stress. More research is required.

Cancer: American ginseng has been viewed to inhibit tumor growth. In a laboratory study of colorectal cancer cells, researchers found that American ginseng has powerful anti-cancer properties.

Colds and flu: In two researches, people who took American ginseng product Cold FX for four months had fewer illness colds than those who took a placebo.

Cold symptoms are shorter than those on a placebo.

ADHD: A preliminary study suggests that American ginseng, in combination with Ginkgo biloba, may help treat ADHD. More research is needed.

IMMUNE SYSTEM: Some scientists believe that American ginseng strengthens the immune system, which, in theory, could help the body fight infections and diseases. Many clinical researches have shown that American ginseng increases the performance of cells that play a role in immunity.

PRECAUTIONS

Do not combine it with warfarin unless under the supervision of a qualified physician.

ANGELIC

It is native to eastern North America. In Arkansas, Angelica was highly respected by Indians, who often kept her in their medicine bags and combined it to smoke with tobacco. Relieves menstrual pain, reduces menopause complications, manages colds and other cough problems, prevents arthritis and fights some cancers.

METHOD OF USE

FOR INDIGESTION (DYSPEPSIA): a combination of specific products containing angelica and several other herbs (Iberogast, Medical Futures, Inc) was used in a

dose of 1ml three times a day.

PRECAUTIONS

Angelica may not be safe when taken by mouth during pregnancy. It is suggested that angelica may cause uterine contractions. It could threaten pregnancy. There is not information on the security of taking Angelica if you are breastfeeding. Be careful and don't use it.

ANTELOPE SAGE

Eriogonum jamesii

This plant, formerly known as Eriogonum Jamesii, is a species of wild buckwheat. This is also known as James Buckwheat. Native to Arizona, Colorado, Utah, Texas, New Mexico, Oklahoma, and Nebraska in southwestern North America, it was also used by Native Americans, such as the Navajo, as a contraceptive. During menstruation, women will drink a cup of root decoction. To relieve the hassles of childbirth, a decoction of the whole plant was sometimes used and the root was chewed or used as a heart medicine in herbal teas for stomach pain and depression. Others developed a wash that was used for sore eyes.

ARNICA

Arnica montana

One species, called Arnica Montana, a member of the sunflower family, has been used for centuries as a topical cream or ointment by Europeans and Native Americans to relieve muscle pain, relieve pain, treat sprains and bruises, and heal wounds. Because it has caused severe and often fatal poisoning, arnica should not be consumed internally.

MEDICAL USES

Arnica and its extracts have been mostly used in folk and homeopathic medicines for the treatment of acne, boils, bruises, rashes, sprains, pains and wounds. There appears to be lack of evidence to support the use of arnica as an anti-inflammatory or analgesic or to prevent bruising. this heterogeneity of doses, forms of administration and indications in available clinical studies also makes generalizability difficult.

METHOD OF USE

Arnica Montana is the most commonly used species for medicinal purposes, although Chamissonis, A. Longifolis, and A. Gracilis are also sometimes used.

Most over-the-counter arnica preparations are sold as homeopathic preparations or are repeatedly distilled, resulting in gels, ointments, and extracts with little or no elenaline. The same goes for arnica sublingual powders, capsules, and granules which typically do not contain elenaline.

PRECAUTIONS

Arnica is usually safe when applied to the skin. However, prolonged use can irritate the skin and cause eczema, flaking, blistering, or other skin conditions. Arnica should not be utilized on damaged skin such as leg ulcers. In one study, researchers found that arnica locally worsened leg pain after participants performed calf exercises for 24 hours. In addition, people who are allergic or allergic to marijuana should avoid using it.

Arnica is rarely used as an indoor plant because it can cause dizziness, tremors, and heart problems. It can also irritate mucous membranes and cause vomiting. Large doses can also be fatal. Do not take arnica by mouth without close medical supervision. It is generally safe to take homeopathy that uses very small amounts of arnica. If you are pregnant or breastfeeding, avoid taking arnica and consult your doctor before applying it to your skin

ASTRAGALUS

Local to areas of the Northern Hemisphere, it is a large genus of about 3000 types of herbs and small shrubs. Used in ancient Chinese and American Indian remedies , dried roots have also been used to protect the body from disease along with other herbs. Traditional medicinal applications are the prevention of colds, fevers, infections, allergies, asthma, weakness, anemia, burns, heart and kidney failure, measles, stomach ulcers and intestinal diseases. It is also known to help protect the body from diseases such as cancer and diabetes. It is also used to protect and support the immune system, reduce colds, lower blood pressure, treat diabetes, and protect the liver.

BEARBERRY

Arctostaphylos

Have you ever wondered what Native Americans put in their peace pipes? Mainly tobacco, of course, but also a pinch of bearberry. This herb has mild sedative effects, and it was commonly smoked during tribal councils, possibly as a way of fostering friendship and accord among tribal leaders. Bearberry (named for the enthusiasm bears showed for the fruit) is more than a mild tranquilizer. It's also a potent diuretic and antiseptic. Native Americans used it to treat kidney stones and urinary tract infections.

Over the years, herbalists have discovered many other uses for bearberry. According to The Complete Medicinal Herbal by Penelope Oday, teas made from bearberry can help treat prostatic hypertrophy or enlarge the prostate gland. Women sometimes use bearberry during heavy menstrual periods or for uterine or vaginal infections. The herb appears to increase the body's output of insulin, which may help treat some forms of diabetes. Bearberry has many other uses as well. It may help treat diarrhea; in larger amounts, it may help relieve constipation. Diluted, it can be used as a mouthwash for treating mouth ulcers and gum inflammation. Applied as a lotion, it can help ease sunburn and skin infections. Bearberry is an astringent, which means it causes the skin to tighten. According to herbalist David Hoffmann, this mild urinary tract antiseptic is useful for treating some cases of bed-wetting in children.

PHYSICAL CHARACTERISTICS

Bearberry is a shrub-like evergreen that grows low to the ground in a thick, tangled mass. It has urn-shaped flowers, usually white, but sometimes red-tinged, which bloom from June through September. The plant develops berries during the winter, but it's the leaves that hold medicinal properties. These should be harvested in the fall for maximum strength.

WHERE CAN BE FOUND

Bearberry is most comfortable in dry sandy soil. It has a large range, and is found from Canada to New Jersey, and west to northern California.

METHODS OF USE

Bearberry can be taken internally as a tea, made by steeping one to two teaspoons of dried leaves for 10 to 15 minutes in a cup of hot water. You can also use bearberry as a douche, mouthwash, or antiseptic by following the same recipe and allowing the liquid to cool to body temperature.

PRECAUTIONS

Although bearberry is very beneficial, especially for the urinary system, it shouldn't be used for more than five consecutive days. Hydroquinone is a powerful compound that kills bacteria, however excessive use can damage the liver.

Not recommended for children, pregnant or lactating women. People with high blood pressure or Crohn's disease, digestive problems, ulcers, kidney or liver disease should avoid bearberry products.

BLACK COHOSH

Actaea Racemosa

Black cohosh is a perennial that is native to many parts of Canada and the United States. It thrives in ancient coastal forests and in An area rich in biodiversity. The big majority of the world's black cohosh is created and grown in the United States and Canada. This plant grows 3 to 6 feet tall, with small white flowers on the stem. Medicinal roots are best harvested between late July and September.

It is a favorite herb of the American Indians and they use it to treat various ailments. The name drived from the Algonquin tribe, which means rough and refers to the touch of the rhizome. It was named "bagun" because its flowers have a very strong scent and can effectively repel insects.

MEDICAL USE

Black cohosh has been approved by the German E Commission for the treatment of premenstrual discomfort and pain associated with the normal menstrual cycle. Black cohosh is also used to maintain a healthy menopause.

Menopause and Menopause Symptoms.

Menopausal symptom relief is the reason most people use black cohosh, and it is one of the most convincing sources to support its use.

In a study of 80 postmenopausal women with hot flashes, those who took 20 mg of black cohosh daily for 8 weeks reported much less severe and less severe hot flashes than before starting.

Additionally, other human studies have confirmed similar results. Although more studies are needed, black cohosh appears to be helpful in relieving menopausal symptoms.

FERTILITY

While you can see a lot of claims online that black cohosh can improve fertility or help you get pregnant, there isn't much evidence to back this up.

However, study shows that black cohosh may improve the effectiveness of the fertility drug Clomid (clomiphene citrate) in infertile people, thereby increasing the chances of getting pregnant.

Three small human studies show better pregnancy or ovulation rates in infertile women who took black cohosh supplements with Clomid.

However, these researches were small and more research is needed to confirm this effect.

Women's health

Black cohosh is also used for various other purposes related to women's health. However, the evidence supporting these benefits isn't as strong as the evidence supporting its benefits for menopause and fertility.

Here are some other reasons women can use black cohosh to support hormone balance:

· Polycystic Ovary Syndrome (PCOS). Supplementing black cohosh can increase a woman's chances of getting pregnant with PCOS from Clomid. Supplementing with black cohosh can also help regulate cycles if you have PCOS .)

· Fibroids. A 3-month study of 244 postmenopausal women found that supplementing with 40 mg of black cohosh per day can reduce the size of uterine fibroids by up to 30%.

· PMS) and (PMDD). Although there are claims online that black cohosh can help with PMS or PMS, there is no substantial evidence to support it.

· Regulation of the menstrual cycle. In women with or without PCOS who are doing fertility treatments such as Clomid, black cohosh can help regulate their menstrual cycle.

Cancer

Black cohosh has potentially estrogenic activity, which means it acts like the hormone estrogen, which can worsen breast cancer or increase the risk of breast cancer.

However, most researches reveal that black cohosh does not affect breast cancer risk . In two human studies, taking black cohosh was associated with a lower risk of breast cancer.

In test-tube studies, black cohosh extract showed anti-estrogenic activity and helped slow the spread of breast cancer cells.

However, more study is required to understand the link between breast cancer and black cohosh.

Mental health

Black cohosh can have beneficial effects on mental health, especially in postmenopausal women.

A review of studies looked at the use of herbal supplements for anxiety and depression in postmenopausal women. The researchers found that black cohosh supplementation had no effect on anxiety, but was linked to significant improvements in psychological symptoms.

However, more research is needed before the effect of black cohosh on mental health is fully understood.

Sleep

Although there is little evidence that black cohosh can improve sleep, it can help reduce symptoms that cause sleep problems in postmenopausal women, such as hot flashes.

However, a small study of 42 postmenopausal women found that supplementing with black cohosh appeared to improve sleep duration and quality.

Another study found that a combination of black cohosh and other compounds, including chaste tree, zinc, ginger, and hyaluronic acid, helped improve hot flashes associated with insomnia and anxiety.

However, it's hard to tell if black cohosh or any of the other ingredients were the beneficial compound in this mix.

Weight loss

Postmenopausal women may be at greater risk for unwanted weight gain because their estrogen levels naturally decrease.

In theory, because black cohosh can exhibit estrogenic effects, it may have little beneficial effects on weight management in postmenopausal women.

However, the supporting evidence is minimal. More and more human studies are needed to understand the link, if any, between black cohosh and weight control.

METHOD OF USE

Black cohosh is available in capsule, liquid extract, or tea form.

Dosage recommendations vary widely between brands of black cohosh. Typical dosages range from 20 to 120 mg of standardized black cohosh extract or powder per day.

For menopausal symptoms, taking at least 20 mg of black cohosh per day, provided by most brands, appears to be effective.

Some health professionals say you shouldn't take black cohosh for more than 6 months to 1 year due to its low potential for liver damage.

PRECAUTIONS

Not to be confused with the potentially poisonous blue cohosh. Do not use during pregnancy unless under the supervision of a qualified physician.

BLUEBERRY

Vaccinium macrocarpon

The Cherokees used this plant to relieve stomach pain. To treat diarrhea and soothe sore tissues and joints, they used blackberry tea. Blackberry root combined with honey or maple syrup will produce a whole.

Natural cough syrup to treat sore throat. They chewed the leaves to soothe the bleeding gums. This herb is often great for strengthening the entire immune system.

MEDICAL USES

In natural medicine, cranberry extract is believed to have a number of health benefits, including improving the health of blood vessels. It is often used to treat or prevent the following conditions:

- Macular degeneration
- Alzheimer's disease
- Diabetes
- Heart disease
- High blood pressure 4
- High cholesterol

METHOD OF USE

Cranberry extract is available in capsules, tincture, powder, and water-soluble extract. It is available for purchase in health food stores, pharmacies, and online.

There is no standard dosage for cranberry extract. More research is needed before determining a safe range.

Follow the directions on the supplement's label, which is typically 1 tablespoon of dry powder, one tablet (containing 200 to 400 mg of cranberry concentrate), or 8 to 10 teaspoons of liquid cranberry concentrate per day.

PRECAUTIONS

To date, little is known about the safety of long-term use of cranberry extract supplements. Blueberries are safe to eat in amounts found naturally in foods. However, it is not known how safe cranberry extract is to take.

Since cranberry extract can lower blood sugar, people taking diabetes medications should exercise caution when using this supplement.

Anyone undergoing surgery should stop taking cranberry extract at least two weeks before a scheduled procedure, as hypoglycemia can occur.

CANDLE BUSH

Cassia alata Fungal infections such as ringworm are treated with leaves or sap. They include chrysophane acid, a fungicide. It is also used to treat a wide variety of ailments, including digestive disorders, fever, asthma, snake bites and STDs, as well as skin conditions (syphilis, gonorrhea).

CARPETS

Stellaria Media

The probable origin is Eurasia, but today it is produced all over the world. It is officially known as Stellaria Pubera and Stellaria Media. It is common in North America, from the Brooks Range in Alaska to all points in the south. They have also been used for food and medicine, known as chickweed, chickweed, and chickweed. The whole plant, rich in vitamins and minerals, has been used as an antihistamine, astringent, diuretic and expectorant, in the treatment of constipation, urinary tract, cough, cystitis and kidney symptoms. Poultices have been used externally to treat roseola, sores, rheumatic pains, ulcers, eczema, skin problems, cuts, minor burns and rashes.

MEDICAL USES

Whole seaweed is edible. The stems and leaves are utilized in medicinal products. Herbalists, however, do not accept the medicinal power of chikuveet. One writer, a professor of pharmacology, dismissed the tangle as "useless weeds" and "useless weeds." Other authors and herbalists have praised the small plant for providing "optimal nutrition" and for its "unprecedented" ability to calm fevers and infections. The English physician Nicholas Culpepper, who wrote in the seventeenth century, realized that cicadas were beneficial for "all bodily pain caused by heat." The infusion acts internally to cool the inflammation in the digestive and respiratory system. It is used for bronchitis, pleurisy, colitis, gastritis, asthma and sore throat. The diuretic action of the herb helps to remove toxins from the system and reduces water retention. Sequed contains mucilage, saponins, silica, coumarins, flavonoids (including regular glucoside), triderbenoids and carboxylic acids. This herb is rich in copper and iron, as well as minerals including vitamins A, B and C.

Freshly harvested chickweed is useful as a poultice to relieve rheumatic pains and treat boils and abscesses. The herb can also be used to remove splinters and

insect bites and to dissolve warts. Its vulvar (healing) action accelerates the healing of cuts and wounds. Its emollient qualities relieve the itching and irritation of eczema or psoriasis. An infusion can be added to the bath water to relieve inflamed skin. It also relieves th relieves the hemorrhoid inflamed and painful.

METHOD OF USE

Infusion: Place 2 ounces of fresh chickweed leaves and stems in a heated glass container. Bring 2.5 cups of cold, non-chlorinated water to a boil and add it to the herbs. Cover and steep the tea for about 10 minutes. Strain and drink hot. The brewed tea can be kept for about two days in a sealed container in the refrigerator. Chickweed tea can be enjoyed in a cup up to three times a day. A strong infusion can be used as a skin cleanser or bath additive to soothe itchy and inflamed skin.

Poultice: Chop fresh chickweed leaves and stems in sufficient quantity to cover the area to be treated. Spray the lawn with water and spread it over the area. Cover the herb mixture with a damp cotton gauze strip to keep the poultice in place. When harvesting the oldest and most hardy plant, the herb can be simmered in plain Water or 50/50 water and vinegar mixture for about five minutes. Once the mixture has cooled enough, apply it on the skin.

Tincture: Mix four ounces of finely chopped fresh or powdered herbs with brandy, gin or vodka in a glass container. To protect the mixture from light for about two weeks, shaking several times a day. Filter and store in a tightly closed dark glass bottle. A standard dose is 1 to 4 ml of the tincture three times a day.

PRECAUTIONS

Wind-blown chickweed pollen can make hay fever worse. Chickweed is considered safe for all outdoor applications. There was a 1980 report of "temporary paralysis" after ingesting large amounts of the infused herb, but there are no other documented reports of toxicity.

CASTEBERRY

Agnus is the fruit of Agnus, known as Vitex Agnus-catus. It has been used for thousands of years to help relieve menstrual problems and improve breast milk production. It was probably used by monks in the Middle Ages to suppress sexual appetite and maintain purity, hence the name, and was also known as

chaste tree, vitex, and monk's pepper. However, it is now clear that weed does not affect sexual desire. In PMS teas, berries and flowers have been used to relieve the menopausal symptoms of breast pain, acne, and fertility. Today, for strengthening bones and as an anti-inflammatory and epileptic, it has also been effective. Pregnant or lactating women should not use the chaste tree.

MEDICAL USES

Premenstrual dysphoric disorder (PMDD), a more severe form of PMS. Vitex agnus-castus is as effective as the prescription drug fluoxetine (Prozac) in relieving PMS symptoms. However, vitex agnus-castus appears to be somewhat more effective for physical symptoms such as breast tenderness, swelling, cramps, and food cravings. Fluoxetine appears to be somewhat more effective for psychological symptoms such as depression, irritability, insomnia, nervous tension, and feeling out of control.

Premenstrual Syndrome (PMS). Taking vitex agnus-castus appears to reduce some symptoms of PMS, particularly breast pain or tenderness (mastalgia), constipation, irritability, depressed mood or mood swings, anger and headache in some women. Vitex agnus-castus may not be effective for swelling symptoms.

METHOD OF USE

Daily doses of chaste tree extract are typically 20 to 40 mg.

PRECAUTIONS

Using Vitex agnus castus during pregnancy or breastfeeding is can - be dangerous. The concern is that vitex agnus-castus may interfere with hormones. Do not use vitex agnus-castus if you are pregnant or breastfeeding.

Vitex agnus-castus can affect hormones and can affect estrogen levels. Do not use vitex agnus-castus if you have a hormone sensitive disease.

Vitex agnus-castus can interfere with the effectiveness of in vitro fertilization. Do not use vitex agnus-castus if you have this procedure.

Vitex agnus-castus contains chemicals that affect the brain. These chemicals affect the brain like some drugs used for Parkinson's disease. Therefore, Vitex agnus-castus can influence the treatment of Parkinson's disease.

Vitex agnus-castus appears to affect a chemical in the brain called dopamine. Some mental disorder medications help reduce dopamine. Therefore, taking vitex agnus-castus can affect the treatment of some mental disorders.

CAYENNE

It is also known as red pepper, chili pepper, chili pepper, chili pepper, Mexican pepper, Tabasco pepper and many other local names. It is officially called Capsicum. It is local to the Americas, where it has been grown by people in the tropics for thousands of years and is now grown all over the world.

It is best known for treating digestive and circulatory problems and has been used as a supplement and for medicinal purposes. Chronic nerve pain, rheumatism, arthritis, shingles, diabetes, heart disease, gastrointestinal upset, varicose veins, headaches, menstrual cramps, and asthma were other ailments for which I was in use. For sore throats it was often used as a gargle. It was applied to the outside of wounds to improve blood circulation and numb pain. In recent times, it has been used to lower cholesterol and blood pressure.

METHOD OF USE

Internal Dosage: Cayenne should be taken internally as directed by an experienced physician.

Creams: use as directed. The creams generally need to be applied three to four times a day for two to three weeks before their effects are felt.

Oil: Cayenne oil can be rubbed into sprains, swelling, and muscle and joint pain to relieve pain. However, it shouldn't be applied to open cuts or broken skin.

Tea: To relieve gas and stomach cramps or to aid digestion, a tea can be made by adding 0.25 teaspoons of cayenne pepper to 1 cup of hot water. When taken as a hot tea, cayenne pepper causes sweating. Taken as an iced tea, cayenne pepper acts as a diuretic, increasing urination. However, cayenne teas should not be given to children.

Toothache: Chewing on a chili pepper can temporarily relieve toothache.

Cold Feet: Ground cayenne pepper added to talcum powder or cornstarch can fit into a pair of socks. Cayenne pepper causes blood vessels under the skin of the feet to dilate, stimulating additional blood flow and providing warmth to the feet.

Sore Throat Illness: To cure a sore throat, combine cayenne pepper with myrrh and gargle if necessary.

PRECAUTIONS

To avoid irritating sensitive tissues illness, do not apply heat pads or hot compresses to areas of the skin where cayenne pepper has been applied.

Don't apply cayenne pepper to an area for more than two days, as the heat can

damage the nerves. Wait four days before applying the cayenne pepper to the same spot.

Wash your hands after using cayenne pepper or wear gloves when applying it outdoors.

People with an active gastrointestinal ulcer should not use cayenne pepper internally without consulting a doctor.

CHAMOMILE

They are primarily recognized for their ability to be made into a widely used tea for promoting sleep. They are a common name for many daisy-like plants. They are also believed to treat stomach and intestinal cramps, problems, nausea, stomach pain and flu, including gynecological disorders, PMS and cramps. It is also an excellent calming and balancing agent for babies and children.

MEDICAL USES

Chamomile is perhaps best known as a sleeping pill, but the strongest evidence for the herb suggests it may be beneficial for anxiety. Here's a look at the current evidence.

INSOMNIA

Chamomile is one of the most used alternative therapies to promote sleep and treat insomnia. However, despite its reputation as a sleep herb, there is little solid research to support its effectiveness. Interestingly, despite having approved the use of chamomile flower preparations for many other purposes, including gastrointestinal spasms and bacterial skin diseases.

ANXIETY

Research has shown that chamomile has significant benefits when it comes to reducing anxiety, and the Natural Medicines Comprehensive Database, which evaluates the effectiveness of natural remedies based on scientific evidence, states that chamomile may be effective against anxiety.

DIGESTIVE PROBLEMS

Some studies preliminarily suggest that chamomile inhibits Helicobacter pylori , the bacteria that can contribute to stomach ulcers. Chamomile is believed to be useful in reducing smooth muscle spasms associated with various inflammatory gastrointestinal disorders such as inflammatory bowel disease, although more research is needed to confirm this use.

WOUND HEALING

Topically applied chamomile can accelerate wound healing. Studies The

ingredients in chamomile have been shown to kill viruses and bacteria, including Staphylococcus aureus, the cause of Staph infection, reducing inflammation and preventing and treating ulcer growth.

ECZEMA

Chamomile is often used to treat mild skin irritation such as sunburn, psoriasis, ulcers and eye inflammation, but its value in treating these conditions requires further research.

Topical applications of chamomile have been shown to be moderately effective in the treatment of eczema. Somewhat double blind study conducted from a unilateral comparison, commercial chamomile cream showed mild superiority over a low-dose 0.5 percent hydrocortisone and a marginal difference compared to placebo.

DIABETES

Some studies have shown that chamomile can lower blood sugar in people with diabetes. cholesterol compared to people who drank water. It also showed some anti-obesity activity. While chamomile may be a useful addition to existing treatments, researchers have noted that larger and longer studies are needed to evaluate chamomile's usefulness in managing diabetes.

ORAL HYGIENE

Some studies preliminary to evaluate the effectiveness of chamomile mouthwash have found that significantly reduces plaque and gingivitis than controls, probably because of its antimicrobial and anti-inflammatory activities.

METHOD OF USE

The flowered cups of the chamomile plant are used to make tea, liquid extracts, capsules or tablets.

To make the tea, soak a heaping teaspoon of chamomile flowers in two-thirds of a cup of boiling water for 5-10 minutes before straining. You can also buy commercial teas. Chamomile is also available in capsules.

To gargle or mouthwash, brew it as a tea and then let it cool. Gargle as often as you like. You can also make a mouthwash with 10-15 drops of liquid German chamomile extract (also known as a tincture) in 100 milliliters of warm water.

There is no standard dosage for chamomile tea. The doses used in the studies vary. For example, capsules containing 220 to 1,100 milligrams of German chamomile extract were taken daily for eight weeks to relieve anxiety.

PRECAUTIONS

A relatively small percentage of people develop sensitivity and allergic reactions to chamomile. People who are sensitive to rockweed and other members of the chrysanthemum or composide family are more likely to develop contact allergies to chemo, especially if they are taking other medications that cause sensitivity. A large-scale clinical study was conducted in Hamburg, Germany between 1985 and 1991. Twelve species, including German chamomile, were individually selected and tested when the mixture induced allergic reactions. Safety in young children, pregnant or nursing women, or people with liver or kidney disease has not been established, although there have been no credible reports of toxicity from this common tea.

CHLORELLA

The unicellular green algae family has shown promise for its anticancer properties and its effectiveness in preventing cancer, supporting the immune system, controlling weight, lowering high blood pressure, lowering cholesterol and accelerating wound healing.

METHOD OF USE

For low iron levels in pregnant women: 2 grams three times a day were taken from week 12 to 18 of gestation until delivery.

PRECAUTIONS

Chlorella can - be safe when taken orally correctly during pregnancy. There is not enough reliable information on the safety of taking chlorella if you are breastfeeding. Be careful and avoid using it. Chlorella can cause an allergic reaction in people who are also allergic to mold. There is concern that chlorella may cause "bad" bacteria to build up in the gut of people with weakened immune systems. Don't use chlorella or use it with caution if you have this problem. Chlorella may contain iodine. Therefore, chlorella can cause an allergic reaction in people sensitive to iodine.

CHOKECHERRY

Prunus virginiana

It is also known Western Chokecherry, Black Chokecherry and Wild Cherry and is officially known as Prunus Virginiana. You can find varieties throughout the United States and Canada. This herb has been used as food and medicine by various tribes, including Miami, Mohawk, Huron, Penobscots, Delaware, Cree,

Ojibwe, Iroquois, and Chippewa. It was supposed to be one of the important indigenous drugs in early American medicine, brought before sassafras. For later use, the berries were harvested and dried and the tree bark was used in the treatment of smallpox, scurvy, chest and throat pain, pulmonary bleeding, cough, cold, intestinal inflammation, diarrhea, cramps. digestive. ailments, gangrenous sores, sores, pain, burns and severe injuries. They learned about the health properties of chokeberry from the Indians when Europeans came to America and started using it to treat coughs, colds, alcohol and malaria, burns and wounds. There are small variations between the varieties, ranging from red to purple to black, including the color of the fruit. Although the berries are edible, care must be taken as the grain can be poisonous if consumed in sufficient quantity.

MEDICAL USES

Virginia cherry is primarily believed to support these body systems:

- Digestive
- integumentary
- respiratory

Medicinal labels include antispasmodic, astringent, and expectorant. Common use includes astringent berries and bitter young bark for common uses: running, coughing, washing the skin.

METHOD OF USE

The organic roots and bark are blood tonic, astringent, pectoral, anesthetic, tonic and appetite stimulant. An infusion was used to treat fever, cough and cold. The infusion of root bark was used to remove burns, old wounds and ulcers. Used externally to treat internal lining wounds. Decoction of the inner bar is used to treat laryngitis and abdominal pain. Dried and powdered fruit is used to stimulate appetite, diarrhea and to treat blood flow to the intestines. Children used immature abrasive fruit as a treatment for diarrhea. Fruit juice is used to treat sore throat. Although there are no specific postsbeen observed for this species, all members of the genus contain amygdalin and prunasin, substances that break down in water to form hydrogen cyanide (cyanide or prussic acid). In small quantities, this extremely toxic compound stimulates breathing, improves digestion and gives a feeling of well-being. ***PRECAUTIONS***

Most parts of this organic plant contain cyanide, which can be destroyed by cooking or drying.

And routine precautions:

1) Most medicinal herbs, if edible, should be consumed in moderation. Some

people need extra preparation.

2) people may be allergic or sensitive to any plant; Try fresh herbs at your own risk.

3) For medical use, I should recommend getting a diagnosis and working with a trusted health care practitioner. I generally don't post specific treatments and dosages because I think it's best between you and your doctor and ideally monitored. Herbalists do not yet have an official certification, but they may be in the works. 4) Anyone who is pregnant, nursing or taking prescription drugs should consult a doctor before adding any new foods to their diet.

COLTSFOOT

Tussilago Farfara

This dandelion-like plant, scientifically known as Tussilago Farfara, has been used medicinally around the world for hundreds of years. Pedanius Dioscorides, a Greek pharmacologist and physician, who lived between AD 40 and 90, prescribed it for coughs and asthma. He was native to various parts of Europe and Asia and was known by many other names, including British Tobacco, Coughwort, Bullsfoot, Butterbur, Flower Velure, Horsehoof, and others. The first settlers brought it to America and it is now growing in North America, north of Kentucky and Tennessee in Ontario and Quebec in Canada, and in Minnesota and Washington, west of the Mississippi River. The leaves were usually smoked for whooping cough, bronchitis and other respiratory problems. The crushed leaves were often used for diarrhea, flu, pleurisy, inflammation, sore throat, fever, and indigestion in herbal teas and tonics. Various skin diseases, inflammations, insect bites, burns, ulcers and sores on the skin, crushed leaves and flowers have also been used.

MEDICAL USES

Horse foot is often confused with the dandelion plant. The leaves and flower buds are the main parts of the plants used for medicinal purposes. Flowers dying before the leaves appear, so the leg pony originally received its name, Filius Ante patrem, which translates as "son before father". The common name, coltsfoot, has evolved because the leaves resemble a horse's foot.

Most of the studies on crow's feet have been done in animals, not humans.

Coltsfoot has traditionally been used as:

- An antioxidant (to strengthen the immune system)

- A cough suppressant (to relieve cough)
- An antimicrobial (to kill bacteria)
- An anti-inflammatory agent (to reduce inflammation)

Although crow's foot is commonly used to treat several common diseases, again, there is a lack of clinical research evidence to support these claims. Medical conditions that are believed to improve with the use of crow's feet include:

- Bronchitis
- Lung cancer
- Emphysema
- Rheumatism
- Tuberculosis
- Whooping cough (whooping cough)
- Upper respiratory tract infections
- Sore throat
- Cough
- Asthma
- Wheezing
- Laryngitis
- Skin disorders (such as inflammation).

PRECAUTIONS

The main reported side effect of using crow's feet is liver toxicity. Other possible side effects include:

CARCINOGENICITY: substance that promotes carcinogenesis (cancer formation).

MUTAGENICITY: the property of a chemical or physical agent to cause mutations (genetic alterations), which is what is related to the carcinogenesis of PAs.

SUN SENSITIVITY: More susceptible to sunburn and sun damage on the skin.

ALLERGIC REACTIONS: hives, rash, swelling, wheezing, difficulty breathing or more serious signs and symptoms such as nausea and vomiting, severe breathing difficulties, weak pulse, seizures or loss of consciousness.

COTTON ROOT BARK

Gossypium

Cotton, of the genus Gossypium, is native to the tropics and subtropics of the

world. This includes Africa, America and India. In the treatment of urinary problems, the roots, leaves and seeds have been used to support postpartum uterine contraction, prolonged menstrual bleeding, wound and burn healing, dysentery and diarrhea. To ease the pains of labor, the tribes of Alabama and Koasati made tea from the roots of the plant.

MEDICAL USES

The modern use of cotton root bark encompasses virtually every aspect of the female reproductive system. Typically, tea from this plant is used to create conditions such as a normal menstrual cycle.

Cotton bark can be used as an adjuvant during childbirth and can also be used to treat irregular menstruation, irregular menstruation, and dysmenorrhea. Pregnant women who take cotton bark can increase uterine contractions and schedule labor. and help secrete milk. The root bark of cotton is also confused with the difficulties encountered during menopause.

Additionally, the bark of the cotton root is currently used as a male contraceptive in China because it is said to immobilize sperm. Cotton root bark supposedly blocks sperm production without affecting a man's potency.

Additionally, the bark of the cotton root still has a reputation as an aphrodisiac. However, the evidence for this herb's property is anecdotal. No research or clinical study showed that the cotton root bark stimuli or increases the sex drive.

METHOD OF USE

While cotton root tea bark has been used as folk medicine, other forms of herbs are used in contemporary alternative medicine. The bark of the cotton root is currently used as a liquid extract or tincture. The dosage of tincture and liquid extract from 0.5 to 1 tsp. (2-4 ml) any solution. This amount can be separated into two daily amounts; A single dose contains 20-40 drops (0.25 to 0.5 tsp). The juice or tincture can be added to a small amount of water.

Cotton root bark can be mixed with golden hair (Hydrostis condensis) to make herbal products.

PRECAUTIONS

Cotton root bark has many uses, and opinions differ as to whether it is safe to use. According to the herbal PDR, it is safe to take cotton root bark at a therapeutic dose. Other Chinese medical practitioners have noted that no part of Gossypium herbaceum should be taken orally without consulting a doctor or healthcare practitioner. This precaution is very important for pregnant women.

Although cotton bark is a cure for childbirth-related ailments, herbal manufacturers recommend that women consult a doctor before using it.

Although there were no reported health risks, the poisoning was due to long-term consumption of cotton meal by the animals. Some of these cases are fatal. In more, gossypol is a chemical found in cottonseed oil that is believed to fix sperm. Men who cook in this oil may temporarily become sterile.

CORN

Zeal mays

Native Americans introduced corn to the modern world, perhaps their greatest contribution to our daily diets. However, corn is much more than a versatile and nutritious grain. It's also been widely used for its healing powers. Spanish explorers in the 16th century reported that Native Americans drank a vessel made from corn to treat illness with the kidneys and bladder.

Historians have discovered that a corn-based beverage was used to treat dysentery and indigestion and increase milk production in nursing mothers. Corn also was widely used by Native Americans to make poultices for skin ulcers, burns, and swelling, and corn oil was applied to ease eczema and dry skin. Even the cobs were used medicinally. Native Americans would burn the cobs, believing that the smoke would help relieve itching caused by insect bites and poison ivy.

Many of the traditional uses for corn have been validated by modern research. Corn, especially the "silk," has been shown to have diuretic properties known to help treat high blood pressure and infections of the kidneys, bladder, and urinary tract. In testimony to Native American insight, many skin powders today contain cornstarch because it's been shown to help relieve skin conditions such as eczema.

PHYSICAL CHARACTERISTICS

Most varieties of corn grow six to eight feet tall, depending on soil conditions and moisture. The plant has a thick stalk, large bright-green leaves, and "ears" of kernels covered by a multi-layered husk. Between the husk and the kernels is the "silk"—fine strands of protective material that many herbalists believe is the plant's most medicinal portion.

WHERE CAN BE FOUND

Corn can be grown nearly anywhere in North America, as long as it gets abundant moisture and sunlight. It thrives in well-composted soil and usually requires 70 to 80 days to mature.

METHODS OF USE

Corn is multi-talented, medicinally. For internal conditions, its silk can be used fresh or dried to make a tea. Steep two teaspoons, chopped, in a cup of boiling water. Externally, a corn poultice can soothe minor burns and other skin

irritations. To prepare the poultice, mix dried cornmeal with milk and apply the paste to the affected areas.

CREOSOTE BUSH

Chaparral

The plant is officially called Larrea Tridentata, and many call it a medicinal herb called "chaparral". In native desert regions of the southern and western United States, it is common. Native Americans generally made fresh tea from the leaves and used it to treat respiratory diseases, chicken pox, sexually transmitted infections, tuberculosis, dysmenorrhea, and snake bites. Unfortunately, the US Drug Administration has issued warnings about the health risks of ingesting chaparral.

MEDICAL USES

Internally as a tea for gallbladder stones, kidney stones, STDs (sexually transmitted) and some cancers. There is a lack of evidence regarding its effectiveness against most of these conditions. Externally, it is used as a cleanser for athlete's foot, ringworm and other fungal skin infections, venereal diseases, and as a foot deodorant.

METHOD OF USE

Tea made with this plant has a very strong and bitter taste, which generally limits its consumption. Tea is usually only taken for short periods, rarely more than 2 weeks. However, recently, marketing programs recommend the use of creosote leaf-based tablets and capsules for internal use. Capsules and tablets have not been the regular way to consume creosote for medicinal purposes and carry a much more concentrated form of the plant and its active ingredients than tea. For this reason, pills and capsules made with this herb are potentially more dangerous to use.

PRECAUTIONS

Creosote bush can cause liver and kidney damage with prolonged or concentrated use, especially in the form of pills or tablets.

This herb can cause irritation and kidney damage, depending on the strength, dosage, and duration of treatment.

Do not use it in any way during pregnancy or breastfeeding, avoid use in young children.

Do not use inside in patients with liver cirrhosis or hepatitis, as large doses of capsules, pills or teas can cause liver necrosis. • External application can cause allergies (contact dermatitis) in sensitive people.

DAMIANA

Turnera Diffusa

The small, aromatic shrub is officially known as Turnera Diffusa and is native to Central America, southwestern Texas, Southern California, Mexico, South America, and the Caribbean. A stimulating effect on libido has long been recognized as the main benefit of its use as an aphrodisiac.

MEDICAL USES

MALE SEXUAL HEALTH

Particularly indicated for alleviating the problems of obtaining and maintaining an erection, Damiana also works to relieve the stress and anxiety related to the fear of improper sexual performance. Studies have shown that consuming the plant slows the digestive tract and instead supplies oxygen to the genitals. It helps men get a much easier erection and keep it longer.

ANTIDEPRESSANT

One of the active components of this plant is THYMOL, and it is this compound that is responsible for the stimulating and stimulating Damiana's influence on body and mind. Many herbalists use damiana to treat mild to moderate depression, anxiety, and neurasthenia. Its stimulating and revitalizing properties make it a valuable treatment for the simultaneous anxiety and depression that often occur after prolonged stress.

Digestive health

This versatile herb will support the health of the digestive system by promoting the breakdown of fats and sugars in the digestive system. This mechanism is beneficial because it increases the rate at which nutrients are absorbed by the body, thereby ensuring that the body gets most of its nutrients from the food we eat.

Damiana also helps cleanse the gastrointestinal tract by forcing the The body normally excretes harmful chemicals and toxins that inhibit the digestive process. This natural herb can be used to treat indigestion or digestive disorders as it severely slows down the digestive process.

METHOD OF USE

Damiana POWDER - 1-3 grams up to twice a day, Damiana FLUID EXTRACT - 2-4 ml of a liquid extract per day, (divisible throughout the day) Damiana GRASS CLIPPINGS - 1 teaspoon with cut grass / 1 cup of boiling water, leave to infuse for 10-15 minutes. Or as recommended by an herbalist.

PRECAUTIONS

Pregnancy and breastfeeding: There is not enough reliable information to know if damiana can be used safely during pregnancy or breastfeeding. Be careful and avoid using it.

Diabetes: Damiana can affect blood sugar levels in the blood in people with diabetes. Watch out for signs of levels low sugar in the blood (hypoglycemia) and monitor closely the level of blood sugar if you have diabetes and are using Damiana.

Surgery: Because damiana seem to affect the blood sugar level, it fears that it could interfere with blood sugar control during and after surgery. Stop using damiana at least 2 weeks before your scheduled surgery.

DANDELION

Taraxacum officinale

It's only recently that dandelion has been reduced to the status of suburban pest. For centuries, dandelion ranked among the most potent herbal remedies. Native Americans and Europeans viewed the dandelion as almost a panacea—not just a potent medicine, but also a highly nutritious green vegetable. Native Americans sliced dandelion roots to make a topical antiseptic for wounds, sores, and inflammation in the mouth. They also brewed a tea, made from the leaves, as a mild laxative and digestive aid. The tea was believed to have diuretic properties and was used to "cleanse" the kidneys, bladder, liver, and spleen. As a food, dandelion is hard to beat. The leaves and roots were eaten raw or boiled. Highly nutritious, dandelion supplied Native Americans with good amounts of iron, potassium, phosphorus, and vitamins A, B, C, and D. Even ate the dandelion flowers rich in lecithin. This valuable nutrient has been shown to help treat a variety of liver problems. Scientists have since discovered that dandelion is very rich in calcium, containing 200 milligrams of this mineral in 10 grams (about one-third of an ounce) of dried leaves. This suggests that dandelion may be very helpful in preventing osteoporosis, a serious bone-weakening condition that primarily affects women after menopause. And calcium isn't the only reason dandelion is good for the bones. It also contains boron and silicon, valuable trace minerals that play important roles in the bone-preserving process.

The research is preliminary, but some studies suggest that dandelion may even help prevent Alzheimer's disease, thanks to its ample amounts of lecithin and choline. In laboratory studies, these substances have been shown to help improve memory. Herbalists today continue to recommend dandelion as a diuretic. Because it helps rid the body of excess water, it can "flush" the kidneys and bladder, which may help keep these organs free of infection. Dandelion has so many medicinal uses that it's almost impossible to list them all. Studies have shown that dandelion tea can help relieve pneumonia, bronchitis, and other upper respiratory problems. Because it acts as a diuretic, it may help reduce swelling caused by sprains or localized infections. Some herbalists recommend daily applications of dandelion "milk," the milky sap from leaves and stems, as a safe and effective way of removing corns and warts, says Dr. Duke.

PHYSICAL CHARACTERISTICS

Dandelion's distinctive appearance makes it hard to miss. Its leaves are jagged

or tooth-shaped, which explains its name—the word comes from the French dent de lion, meaning “tooth of the lion.” It blooms into a single, bright yellow flower, which later turns into a round puff of fluffy-headed seeds that go airborne, like tiny parachutes, with the slightest breeze.

WHERE CAN BE FOUND

Dandelion is one of the hardiest plants on the planet, as gardeners and lawn buffs from north side of Canada to the southern tip of Mexico can attest. The plant can put down roots even in the harshest climates and rockiest soils. Early spring and late fall are the best times to harvest the leaves and roots, which become overly bitter during the summer heat, but summer is the best time for harvesting the flowers. It’s best to get them at their fullest bloom, just before they go to seed.

METHODS OF USE

Because dandelion leaves are tender and delicately bitter, they’re prized as a salad green. (As a bonus, the leaves are incredibly rich in vitamin A, containing even more of this nutrient than carrots do.) Dandelion can be eaten raw or prepared by boiling or sautéing. Because the leaves do have a bitter note, many people add a little sweetening. For example, among the Pennsylvania Dutch, dandelions are often served with a dressing made from cider vinegar and sugar, and perhaps a little bacon. The roots are best when boiled or baked, and the flowers can be transformed into a tender delicacy, tasting something like mushrooms, when pan-fried in butter or oil. All plant parts can be dried and stored for up to a year without losing their medicinal properties.

PRECAUTIONS

The use of herbs is an ancient approach to strengthening the body And cure diseases. However, herbs can cause side effects and interact with other herbs, supplements, or medications. For these reasons, you should take medicinal herbs under the supervision of a doctor.

Dandelion is considered safe. Some people may experience allergic reactions when they come into contact with dandelion. Others may have mouth ulcers.

If you are allergic to ragweed, chrysanthemum, calendula, chamomile, yarrow, chamomile, or iodine, you should avoid dandelion.

Dandelion can cause acidity and heartburn in some people. It can also irritate the skin.

People with kidney, gallbladder, or gallstones should consult a doctor before consuming dandelion.

DOGWOOD

Cornus Florida

This flowering herb is local to the United States and is scientifically known as Cornus Florida and can be traced from Maine to Florida and west to Minnesota, Kansas and Texas. Its berries, inner bark, and twigs have long been used in Native American remedies under many other common names, including Cornelian Tree, American Dogwood, Buwood, Budwood, Flowering Dogwood, Green Ozier, and others. It has been mainly used internally to treat malaria, cough, pneumonia, cold and diarrhea and to stimulate appetite and

Digestion. Poultices have been used externally to treat ulcers and wounds. In the early 1800s, Native American white teeth in Virginia were recorded as extraordinary. The twigs were used as chewing sticks that looked like a toothpick and a chewing brush. The Iroquois were famous for using the twigs in a tonic for gonorrhea, and the Cherokee chewed the bark for headaches and used a decoction of the bark to treat childhood problems like worms, measles, and diarrhea. They also developed poultices for wounds and other skin conditions, which were also used. The Menominee used the bark in enemas and the Arikara combined bearberry to produce sacred tobacco. During the Civil War, this was commonly used for malarial fever and chronic diarrhea in the south.

METHOD OF USE

The correct dosage of American dogwood depends on several factors, including the user's age, health, and various other situation. There is currently insufficient scientific information to determine an appropriate dosage range for American dogwood. Remember, natural foods are not always safe and dosage can make a difference. Be sure to follow the appropriate directions on the product label and consult a pharmacist, doctor, or other healthcare professional before use.

PRECAUTIONS

The use of herbs is an ancient method of strengthening the body and curing diseases. However, herbs contain ingredients that can cause side effects and interact with other herbs, supplements, or medications. For these reasons, medicinal herbs should be taken with caution under the supervision of a qualified doctor.

Jamaican dogwood can be poisonous. Symptoms of a Jamaican dogwood overdose include numbness, tremors, salivation, and sweating. If you experience

any of these symptoms after taking Jamaican Dogwood, seek immediate medical attention. Do not take Jamaican dogwood yourself.

Pregnant and lactating women should never use this herb. Older people should also avoid Jamaican dogwood.

ECHINACEA

Echinacea angustifolia

Echinacea has become extremely popular in recent years for helping to subdue colds and other upper respiratory infections. Once again, Native American healers were ahead of the rest of us. According to herbalist Melvin Gilmore, echinacea was used “as a remedy for more ailments than any other plant.”

Paul Lee, founder of the Platonic Academy of Herbal Studies, calls echinacea “our leading herb on the list of immuno-stimulants.” This means that echinacea can improve the immune system, making the body better resist infection-causing bacteria and viruses. Herbalist David Hoffmann says echinacea “is effective against both bacterial and viral attacks, not so much by killing these organisms, but by supporting the body’s natural defenses against them.”

Hoffmann and other herbalists recommend echinacea for upper respiratory infections, including laryngitis and tonsillitis. It may also relieve inflammation in the mucous membranes of the nose and sinuses. When used in a mouthwash, echinacea may help treat diseases of the gums.

The healing compounds in echinacea are found in the roots. Research has shown that they contain caffeic acid glycoside, a substance that reacts with other chemicals in the body to facilitate wound healing. The roots also contain a substance that fights bacteria and combats viruses by inhibiting an enzyme to break down cell walls. Used in lotion form, echinacea appears to speed the healing of cuts and sores.

PHYSICAL CHARACTERISTICS

Echinacea is a perennial that looks very much like black-eyed Susan. It has a bristly stem and large, hairy leaves that taper to a point at the end. It grows to a maximum Hight of about three feet and has a large, pinkish, daisy-like flower at the top.

WHERE CAN BE FOUND

Echinacea grows mostly in open fields and along roadsides in the central plain’s states west of Ohio. It’s an exceptionally hardy plant that can be grown from seed in nearly any fertile, well-drained soil. Extracts of the herb are widely available at pharmacies, herb shops, and health food stores.

METHODS OF USE

The heart of echinacea’s medicinal powers is the root. The roots should be harvested late in the fall after several hard frosts. They should be cleaned, dried

for several weeks, then ground into a coarse powder for making teas. To make a tea, add one or two teaspoons of powdered herb to a cup of boiling water. Let simmer for 15 minutes, cool, and drink as needed, up to three times a day. The tea can also be utilized externally for treating cuts, burns, and eczema—or as a mouthwash to treat gum problems. Some herbalists recommend gargling with the tea to relieve sore throats.

FENNEL

Funiculus vulgare

Because fennel is renowned for sweetening bad breath and relieving intestinal gas, it was popular among Native Americans for reasons that must have been social as well as medicinal. It has also soothed coughs and calmed indigestion. Fennel can be used as a compress to relieve conjunctivitis, an eyelid inflammation, or applied as a poultice to treat muscle and joint pain. Nursing mothers drank fennel tea to increase their production of breast milk. Fennel's medicinal reputation has only grown over the years, and herbalists recommend it for various conditions. According to herbalist David Hoffmann, "Fennel is a good stomach and intestinal remedy which relieves flatulence and colic while also stimulating digestion and appetite." According to herbal authority David B. Mowry, Ph.D., "Fennel is especially effective against flatulence in adults," thus showing once again that Native American healers knew exactly what they were doing.

PHYSICAL CHARACTERISTICS

Fennel is a difficulty perennial that grows to about five feet. It has a bright-green, shiny stem and feathery, fern-like leaves. It produces tiny, bright yellow flowers in clusters resembling upside-down umbrellas. The flowers give way to seeds, which hold most of the herb's medicinal powers.

WHERE CAN BE FOUND

Fennel is locally to the Mediterranean area, but it spread rapidly from North America and gradually moved eastward from California. It likes 100% of sun and well-drained soil, and it works well in most gardens.

METHODS OF USE

Herbalists usually recommend using fennel seeds to make a tea. Add two teaspoons of slightly crushed seeds to a cup of boiling water, let stand for 10 minutes, strain, and drink as often as three times a day. To prevent flatulence, drink a cup of fennel tea half an hour before eating. For external use, prepare the tea, let cool, then apply where needed. Fennel seeds are popular as breath mints, which is why some restaurants keep a bowlful near the check-out register. In addition, an oil derived from fennel, available in health food stores, can be used to make a soothing rub for muscle and joint pain. Apart from its medicinal uses, fennel is prized in the kitchen. The seeds have a rich, sweet flavor and are commonly used to season fish, soups, stews, salads, and breads. You can also eat

the fennel bulb as a vegetable, baking or boiling it until tender. Although fennel is generally safe, it is a uterine stimulant and should be avoided in high doses during pregnancy.

PRECAUTIONS

Not enough is known about the safety of using fennel during pregnancy. It is best to avoid using.

While breastfeeding, fennel can - be dangerous. Two breastfed babies were reported to have suffered damage to their nervous systems after their mother drank herbal tea containing fennel.

For the most part, there is not enough evidence to know if it is safe for children when used in medicinal amounts. However, the researchers studied a combination product (ColiMil) for colic that contains fennel, lemon balm and German chamomile. This product appears to be safe for children when used for up to a week.

Fennel can cause an allergic reaction in people sensitive to these plants.

Bleeding disorders: Fennel can slow blood clotting. Taking fennel can increase the risk of bleeding or bruising in people with bleeding disorders.

Hormonal sensitive conditions, such as breast cancer, cancer of the uterus, ovarian cancer, endometriosis or uterine fibroids: fennel can act as an estrogen. If you have a problem that could be made worse by exposure to estrogen, don't use fennel.

GARLIC

Allium

If you think garlic is popular as a healing herb today, it was even hotter in the past. It has been used by cultures worldwide for thousands of years, and Native Americans were no exception. They used garlic to treat snakebites and wounds. They prepared it as a syrup for respiratory infections, congestion, and colds—and, in what can only be described as a major medical breakthrough, they discovered that garlic could cure scurvy. Scurvy is a serious, potentially fatal disease caused by a deficiency of vitamin C—and garlic, it turns out, is a rich source of this important nutrient.

In recent years, garlic has been the focus of hundreds of scientific studies. Researchers have discovered, for example, that when garlic is crushed it releases a substance called allicin, which has antiviral and antibacterial properties. It has also been seen to assist combat infections caused by fungi and yeast. It's even active against flu viruses.

Among its many healing compounds, garlic contains volatile oils that some researchers believe can help clear the lungs and bronchial tubes of congestion. Garlic also contains sulfur compounds which, along with giving garlic its distinctive smell, may be toxic to intestinal parasites. Long before researchers identified these compounds, Native Americans used garlic to rid people of worms and other parasites.

In some of the most exciting research in recent years, scientists have found that garlic appears to help decrease the risk of heart attacks. It does this in three ways: by lowering blood pressure, reducing levels of harmful LDL cholesterol in the blood, and diminishing the tendency of blood to form dangerous, potentially heart- blocking clots. Studies suggest that as little as one clove of fresh garlic a day may be enough to produce these protective effects.

New research suggests garlic's benefits go even further. It appears to be helpful for people with diabetes, migraine headaches, cardiac arrhythmia (irregular heartbeats), and intermittent claudication (poor circulation caused by a narrowing of arteries in the legs). Some experts speculate that garlic may protect against certain forms of cancer as well.

PHYSICAL CHARACTERISTICS

Garlic plants have long, narrow, green leaves that grow to about two feet in height. Most familiar, of course, is the garlic bulb, which consists of 4 to 15

tightly packed cloves.

WHERE CAN BE FOUND

Garlic is thought to have originated in southern Siberia but is now found in most parts of the world. Garlic does best in rich, deep, and moist (but well-drained) soil that gets plenty of sun.

METHODS OF USE

The simplest way to enjoy the bountiful health benefits of garlic is to eat it, preferably raw. Raw garlic is an acquired taste, of course, and some people find it too overwhelming. Fortunately, garlic retains its medicinal properties when used in other forms. For example:

Garlic tea. Chop or mash several cloves of garlic and let steep in a cup of water for six to eight hours. You can drink the tea for relieving cold or flu symptoms, or you can use it as a gargle for treating a sore throat.

Garlic syrup. Add a pound of garlic to a quart of boiling water. Remove from the heat, let stand for 12 hours, and add enough sugar to achieve a syrup-like consistency. Some people add honey or vinegar boiled with fennel or caraway seeds to improve the taste. Garlic syrup can be used to ease coughs. When taken in small amounts every day it may strengthen immunity and help the heart.

Garlic oil. Slice or mash a clove of garlic, add a tablespoon of olive oil, and heat briefly. Then store up the oil and leave it in a dark, stoppered bottle. You can use several drops to ease an earache.

GERANIUM

There are around 200 varieties of geraniums among the Pelargonium species found around the world. Other common names are stork's beak and fragrant geranium. The fragrant leaves of geranium were used in traditional folk medicine in teas to treat ulcers, headaches, etc. Cherokees were recognized in Native American medicine for boiling geranium root and wild grapes that were used to rinse children's mouths with thrush. For diarrhea, the Outaouais and Chippewa tribes boiled the whole geranium and then drank the tea.

MEDICAL USES

The medicinal uses of Cranesbill leaves are mainly in the treatment of bronchitis and other respiratory conditions such as sore throat and asthma. Today it is also possible to find blood geranium, used locally on skin wounds to reduce inflammation and promote faster healing times.

Cranesbill oil, creams and topical lotions have been shown to help control eczema symptoms to reduce redness and inflammation caused by skin irritants and allergens such as pet dander, mite dust and other particles environmental.

METHOD OF USE

The usual therapeutic dose of tincture is 20-30 drops three times a day. Tinctures can be taken directly from the dropper or mixed with food or drink to cover the taste.

Flowers are edible and a good addition to salads. They can be used to garnish or as an attractive garnish for dishes.

Defensive measures

The plant should not be taken locally without proper guidance from an herbalist. If ingested, there are toxic compounds that can cause vomiting, seizures, coma or death if not prepared properly. It should not be used by pregnant or lactating women otherwise specified and children should not use the lifter tip internally without first consulting a doctor for safety reasons.

GINGER

Healers use this plant to treat earache and ear infections. They also used the model to make a sweet tea to improve the digestive system and relieve bloating. It also helps with nausea and bronchial infections.

MEDICAL USES

Ginger has been used in alternative medicine as a possible effective aid in treating nausea and vomiting after surgery, dizziness, menstrual pain, arthritis, and prevention of morning sickness.

Ginger has also been used to lose the weight and prevent motion sickness and vertigo. However, research has shown that ginger may not be effective in treating these conditions.

METHOD OF USE

Ginger is commonly consumed in foods and as a flavoring in beverages. As a medicine, ginger comes in many forms, including teas, syrups, capsules, and liquid extracts. Ginger has been used most frequently by adults in doses of 0.5 to 3 grams orally per day for up to 12 weeks. Ginger is also available in topical gels, ointments, and aromatherapy essential oils.

GINKGO BILOBA

In Korea, Greater China, southern France, and the eastern and southern United States, Ginkgo Biloba trees are considered to be the best ancient trees still in existence. These herbs can live up to 1,000 years, and food and medicinal treatments have long been made and used from their leaves. Due to its beneficial effects, it is widely used to treat the elderly as a circulatory aid for disorientation, memory loss, depression, headache, Alzheimer's disease, dementia, tinnitus and dizziness. Effective for circulatory problems, ADHD, cramps and as an antioxidant.

MEDICAL USES

Anxiety. Take a specific EGb 761 ginkgo extract called orally for 4 weeks to slightly reduce the symptoms of anxiety.

Diseases, such as Alzheimer's disease, that interfere with thinking (dementia). Daily intake of 240 mg of ginkgo by mouth can slightly improve the symptoms of dementia.

Premenstrual Syndrome (PMS). Taking ginkgo leaves orally seems to alleviate the tenderness of the breasts and other symptoms associated with premenstrual syndrome. For this use it starts on day 16 of the menstrual cycle and continues until day 5 of the next cycle.

Schizophrenia. The daily intake of oral extract of ginkgo leaves most of the drugs conventional antipsychotics for 8-16 weeks may reduce some symptoms of schizophrenia. It can also reduce the side effects of antipsychotic medications, such as thirst, constipation, and tardive dyskinesia, a movement disorder.

Stroke. Taking ginkgo extract orally or intravenously with standard therapy appears to improve thinking. Taking ginkgo extract by mouth may not be as effective as taking it intravenously. But intravenous products can only be administered by a healthcare professional.

Vertigo (vertigo). Taking ginkgo leaf extract appears to improve symptoms of dizziness and balance disorders.

METHOD OF USE

Ginkgo has been used most often by adults in doses of 60 to 240 mg orally per day for up to 6 months. Dosage may vary depending on the specific formulation

used. The most studied products are often standardized to contain ginkgo leaf extracts. Please note that quality problems are common with ginkgo products. Lower-quality producers can use cheaper ingredients, such as rutin and quercetin, instead of ginkgo. These chemicals occur naturally in ginkgo, so adding them to ginkgo products can make products look like ginkgo in some tests.

PRECAUTIONS

Pregnancy: Ginkgo can be dangerous when taken by mouth during pregnancy. It can cause preterm labor or extra bleeding during delivery if used at this time.

Breastfeeding: There isn't enough reliable information to know if ginkgo is safe to use while breastfeeding. Be careful and avoid using it.

Children: Ginkgo leaf extract can be safe when taken by mouth for a short time. A specific combination of ginkgo leaf extract and American ginseng can be safe for children when used in the short term. Do not allow children to eat ginkgo seeds. The fresh seeds caused convulsions and death in children.

Coagulation disorders: Ginkgo may worsen bleeding disorders. .

Cross-reactivity: People allergic to poison ivy, poison ivy, poison ivy, mango husk, or cashew oil may also be allergic to ginkgo.

Diabetes: Ginkgo can interfere with diabetes control.

Seizures: Ginkgo can cause seizures. If you've ever had a seizure, don't use ginkgo.

Glucose-6-Phosphate Dehydrogenase (G6PD): Ginkgo can cause severe anemia in people with G6PD deficiency. Until more is known, use with caution or avoid using ginkgo if you have G6PD deficiency.

Infertility: Ginkgo use can interfere with pregnancy. Discuss ginkgo with your doctor if you are trying to get pregnant.

Surgery: Ginkgo can slow blood clotting.

GOLDENSEAL

This herb from the buttercup family, scientifically known as Hydrastis canadensis, is also known as orange root, yellow root, ground raspberry, puccon, and wild turmeric. Natives have historically used it to treat skin ailments, stomach problems, liver ailments, diarrhea, stimulants, and eye irritation. It has

also been used by people in southeastern Canada and the northeastern United States. The big skipper is also known to have been beaten by the Cherokee with bear grease and smeared with insect repellent on their bodies. The Iroquois introduced the herb to the first settlers for medicinal purposes. It has also been used successfully to treat infections of the mucous membranes, mouth, urinary tract, sinuses, intestines, stomach, throat and vagina, as well as for mild wound healing, flu, colds, bladder infections and inflammation of the airways. breasts and chest. Pregnant women should not take Goldenseal.

MEDICAL USES

The underground part of the stem, called the rhizome, together with the inner bark of the twig, is the medicinal part of this versatile Own solution. The golden rhizome is rich in alkaloids: hydrosteine, berberine and cannabinoids, as well as other phytochemicals, oils and resins. Goldenseel is considered a Sanjeevi herbal medicine due to its wide range of medicinal uses. It is a bitter herb that is effective when taken internally to aid digestion. The herb is especially useful when used to treat inflammation and infection of the mucous membranes that line the upper respiratory tract as well as the digestive and genitourinary tracts. Its antibacterial properties improve all catarrhal conditions and are useful against amoebic infections. Goldenseal increases insulin and stimulates liver, kidney and lung function. The astringent herb can also be used to help control bleeding, making it helpful with painful and excessive Bleeding after menstruation or childbirth. It acts as an antiseptic, diuretic and mild laxative and as an internal cleanser of the body. Goldensil is used in the treatment of peptic ulcer and stimulates bile flow. When used externally as rhizome bark powder or tincture, herbal products can help treat gingivitis, vaginal infections, eczema, impetigo, pink eyes, inflammation, ringworm and ringworm. Its diuretic and anti-inflammatory effects help to lower blood pressure. The berberine alkaloid in Goldenseal stimulates ovarian contractions and the herb is effective in treating pelvic inflammatory disease (PID). Goldenseel is rich in iron, manganese, silicon and other minerals. Goldenseel was once considered a good alternative to quinine. This herb is used to treat diphtheria, tonsillitis, chronic intestinal cataracts, typhoid fever, gonorrhea, leukorrhea and syphilis. With all these medicinal benefits, it is no wonder that this wonderful herb is disappearing in nature.

METHOD OF USE

Stock Goldenseal, harvested in the spring or fall in the third or fourth year of growth, can be used as a decoction, liquid extract, tablet, and tincture. When

buying commercially prepared remedies, avoid wild sources to protect this precious herb in its wild habitat.

To make goldenseal eye drops, mix equal parts rootstock powder and boric acid with boiling water. Mix well and let cool. For one dose, collect a teaspoon of the liquid obtained from half a glass of water as a soothing solution for the eye drops. It is important to keep all equipment completely sterile, apply with a sterile dropper, and throw away old liquid eye drops (more than a day or two).

For an infusion, use a teaspoon of powdered rootstock for a liter of boiling water. Leave to rest until cooled. The dose is 1 to 2 teaspoons, three to six times a day, for up to seven days. The infusion can also be used to gargle.

To make a tincture, mix one part of fresh herb with three parts of alcohol (50% alcohol / water solution) in a glass container. Book in a dark place. Shake every day for two weeks. Strain through muslin or gauze and store in a dark bottle. The tincture should maintain its potency for two years. The standard dose, unless otherwise specified, is one teaspoon, three times a day, for short periods (one to two weeks).

PRECAUTIONS

Pregnant and lactating women should not use this herb as it can cause uterine contractions. Patients with high blood pressure should also avoid gold. The herb should be taken only very sparingly limited periods of time, as it builds up on the lining of the system and its strong alkaloids are neurotoxic over a long period of time (i.e. several months of daily use). Three weeks and three weeks off is a good dosing routine. Do not eat the fresh plant, as it can irritate the mucous membranes.

HAWTHORN

Among the Crataegus species, as early as the 1st century, hawthorn was used to treat heart disease. It was used by American doctors in the early 1800s to treat circulatory disorders and respiratory diseases. Traditionally, the berries have been used to combat heart problems ranging from irregular heartbeat, chest pain, hardening of the arteries, heart failure, and high blood pressure. The leaves and flowers are used medicinally today, and there is strong evidence that hawthorn can treat mild to severe heart failure. Hawthorn contains antioxidants identified in laboratory and animal studies.

MEDICAL USES

Heart problems. A common use of hawthorn has been to treat heart problems, particularly heart failure.

During heart failure, the heart cannot properly perform its function of pumping blood around the body. Problems like coronary artery disease and high blood pressure can lead to heart failure.

In a study that combined results from previous studies in people with heart failure, hawthorn extract was associated with fewer heart failure symptoms. People who took hawthorn had less fatigue and shortness of breath. But other studies have shown no benefit. An increase in death and hospitalization rates was also reported. More research is needed.

Cholesterol. The research on animals suggests that the ' extract hawthorn reduces the cholesterol total and the levels cholesterol LDL "bad". It is not known how hawthorn can affect cholesterol levels in humans.

Blood pressure. Hawthorn can lower blood pressure. In one study, people with type 2 diabetes who took hawthorn extract for four months had a drop in diastolic blood pressure, the lowest number in a blood pressure reading. But hawthorn can interact with many types of blood pressure medications. More research is needed.

Optimal doses of hawthorn have not been established for any condition. The quality and active ingredients of supplements can vary greatly from manufacturer to manufacturer. This makes it difficult to define a standard dose.

METHOD OF USE

Fresh hawthorn can be prepared as a tincture, concentrated liquid juice and infusion of herbs, which is basically tea. In his book, The New Healing Herbs, herbalist Michael Castilman says you should take a teaspoon of homemade infusion every morning and evening for several weeks. To prepare the infusion, soak 20 minutes in two cups of boiling water using two tablespoons of crushed leaves or fruit; Drink up to two cups a day.

The most studied hawthorn juice, WS1442, is rated 17% to 20% oligomeric procyanidins and can be purchased in commercial products including tablets, capsules and tinctures.

The most effective dose is currently unknown. Recommended doses range from 160 to 1800 milligrams per day in two or three doses divided over three to 24 weeks, but greater therapeutic efficacy is believed to result from higher doses. A minimum effective dose for add-on therapy in mild congestive heart failure is 300 milligrams of standardized extract per day. Clinical trials in patients with class II and III congestive heart failure found that 900 milligrams of hawthorn extract per day was safe, but no better than placebo.

Hawthorn is known to act slowly. Therefore, a test of at least four to eight weeks should be done to determine if you will benefit from its use.

HELLEBORES

Commonly known as hellebore, there are around 20 species of these native Eurasian flowering plants, many of which are poisonous. It has long been used in ancient herbal remedies, also known as Bugbane, Devil's Bit, Earth Gall, Indian Pinch, Itchweed, and Tickleweed. Hellebore is traditionally used internally to treat flu, peritonitis, epilepsy, pain, asthma, cold, cholera, croup, phthisis, dyspepsia, flu, headache, hypertension, herpes, gout, inflammation, whooping cough, sciatica, fire of Sant 'Antonio, toothache, tumors, rheumatism and typhus. It has been claimed that the Cherokees used green hellebore to relieve pain in the body.

MEDICAL USES

Historically, false hellebore has been evaluated for use in hypertension; however, toxicity precludes its widespread use. The research reveals no clinical studies regarding the use of veratrum for any condition.

METHOD OF USE

White hellebore is poisonous; however, doses of 0.02 to 0.1 g of powdered root have traditionally been used.

PRECAUTIONS

Although black hellebore can be dangerous for anyone, some people are particularly susceptible to its negative effects. Be especially careful not to use black hellebore if you have any of the following conditions:

Pregnancy and breastfeeding: It is probably dangerous to use black hellebore if you are pregnant or breastfeeding. This could cause dangerously irregular heartbeats. It can also cause a miscarriage.

Stomach and Intestinal Disorders: It is DANGEROUS to use black hellebore if you have a disorder that affects your digestive system.

Heart disease: it is DANGEROUS to use black hellebore if you have a sick heart.It could make your heart condition worse.

HOPS

Hamulus lupulus

When we think of hops, we usually conjure images of frothy mugs of beer and high times. Among Native Americans, however, hops served more sober purposes.

The Mohegan tribe used hops blossoms to make a sedative. The blossoms were dried and put in a small sack. When used as a pillow, it was thought to soothe earaches and toothaches and help people sleep more soundly.

Other tribes chewed hops roots to make a topical antiseptic for wounds. A tea made from the plant's leaves treated anxiety, insomnia, nervous indigestion, ulcers, and premenstrual cramps.

Modern research has done much to confirm the medicinal powers of hops, especially its sedative qualities. According to herbal expert Daniel B. Mowry, Ph.D., "a soothing, relaxing calm will be experienced within twenty to thirty minutes of ingesting the herb."

Hops appears also to be effective as a digestive aid because its intense bitterness "stimulates digestive function, bile secretion from the liver and the absorption of nutrients," according to herbalist David Winston. Other herbalists recommend hops poultices for easing joint and muscle pain.

PHYSICAL CHARACTERISTICS

Hops grows as a vine similar to wild grapes, reaching up to 40 feet in height. Small, yellowish-green, cone-shaped flowers appear in the plant's third year of growth. The flowers should be picked in the early fall before fully mature and dried immediately, preferably not in the sun to preserve their maximum strength.

WHERE CAN BE FOUND

Hops is native to Europe but grows abundantly in most temperate regions in the United States and Canada. Hops does best in a rich, moist soil that gets full sun.

METHODS OF USE

Most of the medicinal components are in the flowers, and most herbalists recommend taking hops as a tea. Add a teaspoonful of dried flowers to a cup of boiling water, let stand for 10 to 15 minutes, strain, and drink as needed.

As a sleep aid, it's best to drink hops tea about half an hour before going to bed —or you can try putting dried flowers in a small sack and placing it beneath your head at night. This technique wasn't used only by Native Americans, incidentally. President Abraham Lincoln, distraught by the Civil War, has used a

hops pillow to help him sleep.

The one problem with using a hops pillow is that the dried herb will rustle and may keep you awake. Herbalists recommend slightly moistening the hops with water, which will keep the boisterous blossoms a little quieter.

PRECAUTIONS

Its sedative action can exacerbate depressive symptoms in these people. Some herbalists recommend that pregnant women and people with breast cancer sensitive to estrogen should avoid hops because of the possibility that it contains a compound of estrogen.

HOREHOUND

Marrubium Vulgare

This plant is from the mint family, technically called Marrubium Vulgare, it is native to Europe but is now ineffective in North and South America. It has long been utilized to treat an upset stomach and various other ailments, with many common names including Eye of the Star, Bull's Blood, Poison Tobacco, Houndsbane, Hog Bean, Devil's Eye, and others. Horehound has clinically proven its importance as a cough suppressant and expectorant and is still used in the manufacture of cough drops. Other applications include the treatment of constipation, tuberculosis, stomach upset, painful menstrual indigestion, gas, bronchitis, colds, nausea, whooping cough, and a sedation and appetite stimulant. Outdoors, it has been used to treat skin conditions, wounds, abrasions, and wound cleansers. It should be used with caution by people with gastritis or peptic ulcer.

MEDICAL USES

Clinical studies on the therapeutic uses of horehound are limited. Research has focused on potential use in cardiovascular disease, diabetes, pain and inflammation; however, there is no clinical proof to assist the use of horehound in these roles or in cough preparations.

METHOD OF USE

Clinical studies providing dosage recommendations are lacking. A clinical study evaluating the effect of horehound on type 2 diabetes used horehound infusions prepared from M. vulgare leaves and administered in 1 g sachets, 3 times a day for 21 days.

Traditionally, doses of 4.5g per day have been used as raw herb and 30 to 60ml as juice squeezed from the herb.

PRECAUTIONS

Pregnancy and breastfeeding: It is likely danger ingesting white horehound during pregnancy. This could trigger menstruation and cause a miscarriage. If you are breastfeeding, respect the feed quantities for the white horehound. Do not use white horehound on the skin if you are pregnant or breastfeeding.

Diabetes: White horehound can lower blood sugar. Taking white horehound with diabetes medications can cause your blood sugar to drop too low. Monitor your blood sugar closely.

Heart Disorder: There is some concern that white horehound can cause

irregular heartbeats in people with heart problems. It is better not to use it.

Low blood tension: White horehound can lower blood pressure. White horehound should be used with caution in people with low blood pressure or taking medications that lower blood pressure.

Surgery: White horehound can lower blood sugar. This could interfere with blood glucose control during and after surgery. Stop taking white horehound at least 2 weeks before your scheduled surgery.

HORSEMINT

Mentha Longifolia

This is a class of the mint family, officially known as Mentha Longifolia, native to Europe and Asia, and has long been prized for its antiseptic properties and its effect on digestion. In herbal teas and tonics, the leaves and flower stems have also been used to treat inflammation, fever, headache, chills, colic, gas, congestion, menstrual disturbances, coughs, colds, and urinary tract infections. It has been used externally for swelling, sores and superficial wounds. To relieve nasal and bronchial congestion, the leaves and stems were often added to boiling water and inhaled vapors. The Catawba tribe crushed and soaked fresh mint leaves in cold water among Native Americans.

Medicine and drank the infusion to relieve back pain. Other tribes used horse mint for fever, inflammation and chills.

MEDICAL USES

· Digestion problems

· Intestinal gas (flatulence)

· Painful or abnormal menstruation (dysmenorrhea).

· Other conditions.

METHOD OF USE

The correct dosage of equestrian peppermint depends on several factors, including the user's age, health, and various other Conditions At present, there is not enough scientific information to determine the appropriate active range for spearmint. Keep in mind that natural products are not always safe and quantities are important. Be sure to follow the instructions on the product labels and consult with your pharmacist, doctor or other healthcare provider.

PRECAUTIONS

It is dangerous to take spearmint if you are pregnant. It could trigger your period and cause a miscarriage. Be careful and avoid using it.

JUNIPER

Juniperus communis

Juniper berries were so widely used by Native Americans for healing that the tree itself became known as “the medicine tree.” They used juniper berry tea as a diuretic for people with bladder infections. The tea was also used to relieve upset stomachs and as an antiseptic for cleansing wounds. They boiled the berries to produce steam, which was thought to relieve congestion. An oil made from the branches and berries of the juniper tree was used to massage sore joints and muscles. As a bonus, the ointment was an effective insect repellent.

Researchers have found that juniper berries contain a compound that appears to inhibit several different viruses, including those that cause herpes and flu. The berries have also been found to fight bacteria, and research suggests they may be helpful for arthritis as well.

PHYSICAL CHARACTERISTICS

A member of the pine family, the juniper is a small tree, 10 to 25 feet high. It has sparsely-needled branches and small, dark purple berries that appear during the second year of growth. All parts of the tree are medicinal, but the berries most of all.

WHERE CAN BE FOUND

Juniper trees are found throughout North America, even in the driest and least fertile soils.

METHODS OF USE

To make a juniper berry tea, soften two teaspoons of fresh berries by soaking them in water for a few hours. Then add them to a pint of boiling water and let them cook for 30 minutes. Let the tea cool and drink as needed. Juniper berries are toxic when taken in large amounts or used for extended periods. They shouldn’t be used during pregnancy, by those with kidney problems, or by anyone allergic to pollen.

PRECAUTIONS

It is dangerous to use juniper if you are pregnant or trying to get pregnant. The effects of juniper on the uterus can interfere with fertility or lead to miscarriage. It is also best to avoid using juniper if you are breastfeeding. It is not very clear how juniper can affect a baby. Juniper berry can lower blood sugar. There is concern that this may lower blood sugar too much in people with diabetes. Juniper berry can irritate the stomach and intestines, making these organs worse.

Juniper berry can affect blood pressure and make blood pressure control difficult. Juniper can influence the levels of sugar in the blood, preventing the of control blood sugar during and after surgery. Stop using juniper at least 2 weeks before your scheduled surgery.

LICORICE

Glycyrrhiza glabra

If your survival depended on stealthy hunting, as the Native Americans often did, the last thing you'd want would be an uncontrollable cough. All the strength, skill, and agility in the world wouldn't help if game could hear you hacking and coughing a mile away.

Centuries before cough drops appeared in neat little boxes. Native American tribes were using licorice root to soothe coughs and sore throats. According to Rodale's Illustrated Encyclopedia of Herbs, "although we think of licorice primarily as a candy flavoring, its constituents now are being shown to have a remarkable range of pharmacological properties."

Herbalists today recommend licorice root for such diverse conditions as fever, menstrual cramps, irritated bowel and urinary passages, respiratory ailments, ulcers, constipation, low blood pressure, and flu.

Herbal authority James Duke praises licorice for its healing powers. He says it may be helpful for arthritis, asthma, athlete's foot, canker sores, gingivitis, heartburn, chronic fatigue, Lyme disease, psoriasis, prostate enlargement, Addison's disease, dandruff, depression, and even baldness. Laboratory studies suggest that the substance that makes licorice sweet, called glycyrrhizin, may someday play a role in preventing cancer.

PHYSICAL CHARACTERISTICS

The licorice plant, which can grow up to seven feet tall, has short oblong leaves, small purple flowers, and small, reddish-brown pods. The plant's roots hold most of its medicinal value. They branch off from a main taproot in a tangled mass that can extend as much as four feet deep.

WHERE CAN BE FOUND

Licorice is native to southern Europe and western Asia, but grows wild in California and some northwestern, midwestern, and eastern states. It can be grown from seed, but does better when started from cuttings, preferably root cuttings. The medicinal potency peaks during the late fall of the plant's third or fourth year.

METHODS OF USE

For internal conditions such as arthritis, colds, or chronic fatigue, licorice is usually used as a tea. You can also use the tea externally to treat skin problems.

Add a teaspoonful of dried, powdered licorice root, or a teaspoonful of licorice syrup (see below), to a cup of boiling water. When using licorice root, let stand for about 10 minutes, then strain and serve. With licorice syrup, you can drink the tea as soon as it's mixed and has cooled to a comfortable temperature.

For a licorice antiseptic, it's best to make a very concentrated liquid. Add a pound of fresh licorice root to three pints of water and boil until the liquid is reduced by about one third.

Rather than using fresh or dried root, some herbalists recommend making a licorice syrup, stored in a covered container in the refrigerator. Fill a baking dish with fresh or dried licorice root, cover with water, and simmer in the heating pot or on the stove top for three to four hours. Discard the roots, strain the remaining liquid, add two teaspoons of honey for every cup of liquid, and store in a sterilized container with a tight-fitting lid. The syrup can be used to make licorice tea, or taken undiluted, one or two teaspoonfuls at a time, to relieve a sore throat, cough, or upper respiratory congestion associated with colds or flu.

Because the compounds in licorice can cause water retention, the herb should not be used by pregnant women or anyone with heart problems, kidney complications, or high blood pressure. Licorice may cause side effects such as lethargy, headaches, or a rise in blood pressure.

PRECAUTIONS

PREGNANCY AND BREASTFEEDING: It is ***DANGEROUS TO*** take licorice by mouth if you are pregnant. A high consumption of licorice during pregnancy, about 250 grams of licorice per week, appears to Increasing the risk of miscarriage. This can lead to miscarriage or premature birth. There is not enough reliable information about the safety of taking licorice while breastfeeding. Be careful and avoid using.

HEART DISEASE: Licorice causes water retention in the body, which worsens heart failure. Licorice also increases the risk of irregular heartbeat. Do not eat licorice if you have heart disease.

Hormone sensitive conditions such as breast cancer, ovarian cancer, ovarian cancer, endometriosis or uterine fibroids - Licorice acts as an estrogen in the body. Do not use licorice if you have a condition that can be worsened by exposure to estrogen.

HYPERTENSION: Licorice raises blood pressure. Do not eat in large quantities if you have high blood pressure. Muscle condition caused by nerve problems (hypertension): Licorice causes low levels of potassium in the blood. This can

make hypertension worse. Avoid licorice if you have hypertension.

LOW BLOOD POTASSIUM LEVEL (hypokalemia): Licorice lowers blood potassium. If your potassium level is already low, licorice can make it very low. Do not use licorice if you suffer from this condition.

KIDNEY DISEASE: Excessive use of licorice can worsen kidney disease. Do not use it.

SEXUAL PROBLEMS IN MEN: Licorice reduces arousal in men and lowers the level of the hormone testosterone, which worsens erectile dysfunction (ED).

SURGERY: Licorice can control blood pressure during and after surgery. Stop taking Licorice at least 2 weeks before your scheduled surgery.

MILKWEED

Asclepias tuberosa

It's been said that the best way to find milkweed, also known as butterfly weed, is to find a butterfly. That's because butterflies like to lay their eggs among milkweed's bright orange flowers. Native Americans chewed raw milkweed to treat asthma, bronchitis, typhoid fever, pleurisy, and congestion. They also used a tea, made by boiling the seeds in milk, to relieve diarrhea. A powder made from the roots was dusted on wounds to stop bleeding. When pounded into a poultice, the fresh roots were applied to swelling, bruises, and snakebites. Today, milkweed is most commonly used as a treatment for warts. The milk-like juice found in the stems contains tissue softening enzymes that eradicate unsightly growths if applied daily.

PHYSICAL CHARACTERISTICS

Milkweed is a perennial that grows two to four feet high. It has oblong leaves an inch or two in length and flowers that may be orange-white or purple, depending on the species.

WHERE CAN BE FOUND

Milkweed grows abundantly throughout the United States and Canada. It prefers dry, sunny conditions and is often found in pastures and fields.

METHODS OF USE

To make a milkweed tea, boil four ounces of fresh root in three quarts of water until the liquid is reduced to a quart. Strain, let cool, and drink as needed. To remove warts, break the stems to extract the milky juice and apply it directly to the wart once a day.

PRECAUTIONS

Pregnancy and Breastfeeding: Swamp milkweed is dangerous for anyone, including pregnant women and the lactation period. This can lead to dangerously irregular heartbeats.

Heart disease: the swamp milkweed can worsen the disease heart. Avoid its use.

OREGON GRAPE

Mohini auditorium

Although this plant has done more lately to improve people's landscapes than their health, its medicinal powers rank "among the most outstanding of all Native American herbs," according to herbalists Gaea and Shandor Weiss.

Oregon grape was popular among Native Americans of the Northwest and California. They used it as a root tea to treat fevers, stomachaches, poor appetite, liver problems, and poultice for infected gums.

In recent years, the Oregon grape has been used to cleanse the spleen and aid in digestion. It's also perfect for the skin. "It can restore the smooth and transparent state of the skin after any skin disease or other diseases that may dry the skin or produce sores."

PHYSICAL CHARACTERISTICS

Oregon grape is a fast-growing shrub, three to six feet high, with shiny, dark green leaves resembling the holly tree. It has small, yellowish-green flowers, which give way to dark blue, edible berries that grow in bunches like grapes. The plant's roots, however, are its most medicinal portion.

WHERE CAN BE FOUND

Oregon grape will grow nearly anywhere, but its natural habitat is in the western United States, Colorado to northern California and north into Canada.

METHODS OF USE

Oregon grape is best prepared as a tea. Add half an ounce of dried root to a quart of boiling water and let steep for 10 to 15 minutes. Strain, let cool, and drink up to three cups a day. This preparation also can be applied to the skin to treat psoriasis and acne.

PRECAUTIONS

Pregnancy and Breastfeeding: It is probably dangerous to use Oregon grapes if you are pregnant or breastfeeding. One of the chemicals in Oregon grapes, berberine, can cross the placenta and affect the fetus. It can also be passed on to the baby through breast milk. They were reported brain damage (kernicterus) in infants breastfed exposed to berberine.

Children: Feeding Oregon grapes for children is likely dangerous. Berberine from the Oregon grape can cause brain damage (kernicterus) in infants, particularly premature babies with jaundice. Jaundice is a condition

characterized by yellowing of the eyes and skin caused by bile pigments in the blood. There isn't enough reliable information to know if Oregon grapes are safe for older children. Be careful and avoid using it.

Diabetes: Oregon grapes can lower blood sugar. Oregon grapes can cause low blood sugar levels in people who are also taking diabetes medications. Use with caution.

Low blood pressure: Oregon grapes can lower blood pressure. Oregon grapes may increase the risk of blood pressure dropping too low in people who already have low blood pressure. Use with caution.

OSHA

It is native to America, officially called Mitchella Repens, and is also known by common names such as One-berry, Deerberry, Squaw Vine, and Winter Clover. Partridge was used for Native American tribes, including ritual smoking, a love potion, and a snack when the berries were ingested or used in sauces, breads, and sweets, when they were used primarily medicinally. Many Native Americans, such as the Cherokee, made tea with boiled leaves that were consumed to facilitate childbirth during the last few weeks of pregnancy. Nursing mothers applied a leaf-based lotion to their breasts to relieve pain. The first settlers also used tea as an adjuvant for breastfeeding and as a remedy for menstrual cramps. It has also been used to relieve pain and cramps during menstruation, control menstruation, and induce labor. As an abortive, it can also be effective and should not be used by pregnant women.

PASSIONFLOWER

It is also generally considered the passion vine, officially called Passiflora. It is distributed around the world and includes 500 Flowering plants, but nine species are native to the United States. A plant with long-term use by Native Americans was commonly known as mabab and was adopted by early European settlers. The leaves and roots were used to make a drink to treat insomnia, anxiety, paranoia, delusions and epilepsy. It is used to prevent depression, hyperthermia, tension, muscle aches and burns, cuts, boils and earaches. If you are pregnant or breastfeeding, do not take Fashionflower.

PAUDARCO

Tabebuia Avellanedae

This plant, native to South America, is scientifically known as Tabebuia Avellanedae and treats a wide variety of conditions. Historically it has been used to relieve pain, arthritis, inflammation of the prostate, fever, dysentery, ulcers and boils, and various types of cancer.

PENNYROYAL

Mentha Pulegium

This part of the mint family is scientifically called Mentha Pulegium and has long been used as a culinary herb and folk remedy. The Greeks and Romans used it extensively as a cooking plant, and the Greeks also used it in the production of wine. Pennyroyal, Mosquito Vine, Fleabane, Tick Grass, and Stink Balm are sometimes referred to as Pennyroyal. It was used in colonial America to eradicate rodents, including snakes. Although considered poisonous, mint has been used extensively by Native Americans to relieve headaches, stomach pain, watery eyes, itching, fever, and to activate menstrual discharge. The leaves were crushed on the outside and applied to the skin as an insect repellent. It has also been used as an abortion to prevent gas, hepatitis, biliary disease, gout, gums, and cancers. Pennyroyal is in no way intended for use by pregnant women.

PINE

Pinus

For Americans today, the pine tree is seen mainly as a symbol of Christmas cheer—but pine was one of the Native Americans' most important medicines. They made chewing gum from pine resin, which they found soothing for sore throats. Pine needles were crushed and made into a paste for an aromatic headache poultice. The bark was also used as a poultice for wounds, burns, ulcers, and hemorrhoids. Salves made from pine resin were used to treat sore muscles and joints, and pine tea was a popular remedy for colds, coughs, and upper respiratory congestion. The needles were ignited because Native Americans believed that breathing pine fumes could relieve backache in some cases. Herbalists continue to recommend pine remedies, often for treating upper respiratory problems. Teas made from dried needles may be useful for easing arthritis, and pine baths may help reduce skin irritation and anxiety.

PHYSICAL CHARACTERISTICS

More than 90 varieties of pine trees fall into one of two categories: yellow pine and soft white pine, which is the more medicinally active of the two. White pine is characterized by its longer, softer needles, more gangly branches, and a bushier, less triangular shape.

WHERE CAN BE FOUND

Thirty species of pine trees are native to North America and can be found in most parts of the continent.

METHODS OF USE

To make a pine tea, pour a cup of boiling water onto half a teaspoonful of dried needles and young buds, which are best collected in the spring. Let stand for 10 to 15 mins, strain, and drink as needed, usually up to three times a day. Use pine as an inhalant, put two or three handfuls of fresh needles, buds, and twigs in a wide pan, cover with water, and bring to a boil. Reduce the heat and simmer for five minutes. Remove from heat, then inhale the steam for 15 minutes by leaning over the pot and using a towel over your head to stick the steam.

For a relaxing, skin-friendly bath, soak three handfuls of fresh pine twigs in approximately two pints of water for 30 minutes. Then fetch the blending to a boil and simmer for 10 minutes. Strain the liquid and mix it to your bathwater.

PRECAUTIONS

There isn't enough reliable information to know if Monterey pine is safe to use while pregnant or breastfeeding. Be careful and avoid using it.

PLEURISY ROOT

It is a genus of milkweed native to eastern North America, also known by many other names, such as Flux Root, Swallowwort, Butterfly Weed, Canada Root, Tuber Root, White Root, Wind Root, and Orange. Due to its potential to reduce inflammation, it has long been considered an important treatment for many respiratory ailments. It has been used to treat cough, pleurisy (inflammation of the lungs), pneumonia, uterine conditions, pain, spasms, flu, bronchitis, facilitate breathing and facilitate sweating. Natchez tribes have been reported to drink tea from hot roots as a remedy for pneumonia and to help clear phlegm.

POKE

This perennial herb is scientifically known as American Phytolacca and is a herb native to the eastern United States. Many other names are common, such as American Nightshade, Pokeweed, Inkberry, Pigeon Berry, Redweed, Pocan Bush, etc. Although some parts of this plant are highly toxic to livestock and humans and are considered a serious pest by farmers, some parts of the plant have been used for a long time as food and medicine. Traditionally it has been used to treat syphilis, diphtheria, cancer, roundworms, cramps, hypertension, stomach ulcers to strengthen the reproductive, urinary and immune systems. Skin disorders, inflammation, rheumatism, abscess, swelling, discomfort, sprains and hemorrhoids have been used with poultices and washes.

PRICKLY PEAR CACTUS

This plant has the significance of being a vegetable, fruit and herb, scientifically known as Opuntia Engelmanni, which has been used for both food and medicinal purposes. It is also known by many common names, such as Texas Prickly Pear, Cow's Tongue Cactus, Desert Prickly Pear, among others. It is common in the southwestern United States and northern Mexico. Native Americans used younger tampons for food, and mature tampons were used as a poultice for cuts, burns, boils, slow bleeding, enlarged prostate, and antiseptics. The teas were developed in-house to treat tuberculosis, urinary tract infections, and the immune system. Lowering cholesterol and treating diet-related cardiovascular disease and diabetes in adults can also be effectively treated with this herb.

RABBIT TOBACCO

Also known as Sweet Everlasting, Cherokee Tobacco, Indian Posey, Old Field Balsam, Cudweed, Poverty Weed, Fussy Gussy and Sweet White Balsam, it is officially known as Gnaphalium obtusifolium. In the grasses, forests, prairies and shrubs of the eastern states, east of Colorado, it grows almost everywhere. Native Americans have used it for various medicinal purposes using the stem, leaves and flowers to treat asthma, diarrhea, cough, cold, flu, bronchitis, pneumonia, insect repellents, sleeping pills and many others. It was smoked primarily by Native Americans and early settlers rather than tobacco and contained no nicotine. Smoking was believed to have a mystical or magical influence on many Indians. The Cheyenne also dropped the leaves on the coals and it is known that the Cherokee used it in sweat baths. The jet is used as a cold remedy, as a poultice for mumps that has been applied to the throat and as a sedative.

Also, the Koasati for fever, psychological help and Menominee for headache when the dried leaves are steamed in the form of a harmless for " madness ". Furthermore, some tribes believed that smoking had a vital power capable of awakening the unconscious or the paralyzed. It was used on bruises and sores of the skin and mouth when a poultice was being prepared. The Cherokees also developed a herbal ointment mixed with lard and rubbed on the chest to relieve congestion and stimulate sweating. The juice of the plant had a reputation as both an aphrodisiac and an anti-venereal potion. It induces sleep, helps with migraines, sinus problems, coughs, asthma, stomach problems, is a mild nervous sedative and increases appetite.

RAGLEAF BAHIA

This flowering organic plant belongs to the daisy family and is also known as yellow ragweed or yellow ragweed. It is officially known as Dissect Bay and is also known by the Navajo tribe as Twisted Medicine. Many tribes used it as a contraceptive in teas. It is native to the southwestern United States east of Wyoming and also northern Mexico.

ROSEMARY

This herb was considered sacred by the Native American tribes. They used it mainly to relieve swollen muscles as a pain reliever. This herb strengthens the memory, relieves pain and spasms in the body and helps the circulatory and nervous systems. It also strengthens the immune response and cures indigestion.

MEDICAL USES

Rosemary is a herbal supplement that can be used in the treatment of bronchial asthma, peptic ulcer, prostate disorders, inflammatory diseases, liver toxicity, atherosclerosis, stroke, ischemic heart disease, cataract, leukemia, sperm motility, anticancer activity and anticancer, to improve mental activity. Function and memory, dyspepsia, hypertension, rheumatism, promotes menstrual flow, antibacterial, antifungal and as an antiviral agent.

METHOD OF USE

Rosemary leaf (dyspepsia, hypertension and rheumatism)

· 1-2 grams per day

· In the form of tea: 1 to 3 cups per day (infuse 1 to 2 grams in 150 ml of water)

Extract

· 2-4 ml orally three times a day (1: 1 in 45% alcohol)

Current

· Essential oil: dose up to 0.1-1 ml (6-10% essential oil), massage on the scalp for 2 minutes.

PRECAUTIONS

Rosemary is can – be dangerous when taken by mouth in medicinal quantities. Rosemary can stimulate menstruation or affect the Causes miscarriage of the uterus. There is not so much reliable information to know whether rosemary is safe to use on the skin during pregnancy. Be careful and avoid using. Allergic to aspirin. Rosemary contains a chemical similar to aspirin. This chemical can cause a reaction in people allergic to aspirin.

Bleeding ***DISORDERS***: Rosemary may increase the risk of bleeding and bruising in people with bleeding disorders. Use with caution.

SEIZURE Disorders: Rosemary can make seizure disorders worse. Don’t use it.

SAGE

Salvia officinalis

This small evergreen shrub is technically known as Salvia officinalis and is sometimes referred to as garden sage and common sage. Many Native Americans consider sage to be sacred due to its powerful purifying powers. It heals and purifies the body and mind from evil spirits by creating harmony. For thousands of years, people have cooked with sage and, like other culinary herbs, it has long been considered a digestive and appetite stimulant, as well as a remedy for a variety of other medical conditions, such as gas, intestinal problems. Sudden cramps, swelling, spasms, cough, diarrhea, cold and flu, scratches, bruises, premature periods, tuberculosis, stomach upset, extreme. It was also effective against menstrual cramps, blocking the development of breast milk, the signs of menopause, coughing, throat infections and dandruff. As a spice, sage is widely used.

MEDICAL USES

ALZHEIMER'S DISEASE. Taking extracts from two different sage species (Salvia officinalis and Salvia lavandulaefolia) for 4 months It appears to improve learning, memory and information processing in people with mild to moderate Alzheimer's disease.

Mental performance. Taking a single dose by mouth of common sage (Salvia officinalis) or Spanish sage (Salvia lavendulafolia) seems to improve memory, awareness and attention in healthy adults. When used in aromatherapy, this sage species improves awareness, but not focus and memory.

When used as a cream with cold sores, sage and rhubarb. Apply cream containing common sage (Salvia officinalis) and rhubarb (Rhime officinalis and Rhum balm) be as effective as acyclovir cream (Zovirax). Acyclovir cream cures cold sores in about 6 days; The sage and rhubarb cream takes about 7 days to harden. Sage and rhubarb work together faster than sage alone.

HIGH CHOLESTEROL. Taking common sage (Salvia officinalis) three times a day for 2 months appears to reduce the "bad" cholesterol by lipoproteins of low density (LDL) and blood fats called triglycerides and increases "good" cholesterol by lipoproteins. in humans with High in fat.

However, this sage species does not seem to improve memory when used in aromatherapy.

SYMPTOMS OF MENOPAUSE. Preliminary research suggests that taking common sage extract (sage menopause, bioforce AG) for 8 weeks improves menopausal symptoms.

METHOD OF USE

PER MOUTH:

· To treat Alzheimer's disease: 1 gram of sage per day. A dose of sage extract was also used, gradually increased over time to 2.5 mg three times a day.

APPLIED TO THE SKIN:

· For the treatment of cold sores (cold sores): a cream containing 23 mg / gram of sage extract and rhubarb extract was applied every 2-4 hours while awake, and treatment was started one day after the onset of the symptoms and continued for 10 hours. 14 days.

PRECAUTIONS

Intake of sage during pregnancy is likely dangerous due to the possibility of consuming thujone, a chemical found in some sage. Thujone can cause menstruation in women, which could lead to miscarriage. Also avoid sage if you are breastfeeding. There is some evidence that thujone can reduce breast milk supply.

DIABETES - Sage lowers blood sugar levels in diabetics. Watch for signs of hypoglycemia (diabetes) and carefully monitor your blood sugar if you have diabetes and use sage.

Hormone sensitivity levels such as ***BREAST CANCER, OVARIAN CANCER, OVARIAN CANCER, ENDOMETRIOSIS OR OVARIAN FIBROIDS***: Spanish sage (Salvia lavenderlefolia) can cause effects like the female hormone estrogen. If you have a condition that can be worsened by exposure to estrogen, do not use Spanish sage.

HYPERTENSION, LOW BLOOD PRESSURE: Spanish sage (Salvia lavantulafolia) can raise blood pressure in some people with high blood pressure, while the common sage (Salvia officinalis) can lower it, blood pressure in people with already low blood pressure. Be sure to monitor your blood pressure.

Seizure Disorders: A species of sage (Salvia officinalis) contains significant amounts of thujone, a chemical that can trigger seizures. If you have a seizure disorder, do not take sage in larger amounts than commonly found in foods.

Surger: Common sage can affect blood sugar levels. There is It is concerned that it may interfere with blood glucose control during and after surgery. Stop using

common sage medicine at least 2 weeks before scheduled surgery.

SALTBUSH

Orache

There are many species of this plant and it is also known as the Orache. It is officially known as Atriplex. It includes several desert and coastal plants that are very tolerant of the saline content of the soil. Its name is captured by the reality that its leaves retain salt. Different forms have long been used for various health problems, such as discomfort, rashes, sores, stomach pain, spider and insect bites, etc. It was often used for water purification. The Hopi were known to burn and inhale smoke for the treatment of epilepsy and often used it as a ritual medicine in kiva fires; the Paiute to boil the leaves used them for muscle aches and pains, a poultice was applied to the chest for colds. The Navajo were believed to use the leaves for pain, cough, stomach problems and as a toothache treatment, as well as using them for insect bites.

SARSAPARILLA

Smilax Aspera

The perennial climbing vine with these thorny stems is scientifically known as Smilax Aspera and Smilax Regalia. It is local to Central America and is best known for its use in soft drinks. It has been used for several centuries around the world and was introduced into European medicine in the 15th century through interaction with the indigenous tribes of South America. It has many useful applications in herbal treatments to help with digestion, pain, redness of the blood, asthma, wounds, colds, impotence, gonorrhea, hypertension, rheumatism, fever, cough, ailments of the skin, leprosy and cancer, including the treatment of syphilis. It has antioxidant effects, like many other plants. Along with Sweetflag, Penobscot was believed to use the dried sprinkled sarsaparilla roots as a cough remedy.

MEDICAL USES

Sarsaparilla contains a multitude of plant chemicals that are believed to have a beneficial effect on the human body. Chemicals known as saponins could help reduce joint pain and itchy skin and also kill bacteria. The studies cited below used the single active components of this plant, single cell studies or mouse studies. Although the results are very intriguing, human studies are needed to corroborate the claims.

PSORIASIS

One study Trusted Source has discovered that sarsaparilla significantly improves the skin damage in people with psoriasis. Researchers have speculated that one of the main sarsaparilla steroids, called sarsaponin, may bind to the endotoxins that cause damage in psoriasis patients and remove them from the body.

ARTHRITIS

Sarsaparilla is a powerful anti-inflammatory. This factor also makes It is an effective treatment for rheumatism and other causes such as joint pain and inflammation caused by arthritis.

SYPHILIS

Showed antifungal activity against harmful bacteria and other microorganisms entering the body. Although it does not work like modern antibiotics and fungicides, it has been used for centuries to treat serious conditions. Leprosy is another deadly bacterial infection.

The antimicrobial activity of Cursaberilla has been documented in recent studies. One article examined the function of more than 60 different phenolic compounds. The researchers tested these compounds against six types of bacteria and a fungus. The study identified 18 compounds that demonstrate antimicrobial effects against bacteria and one against fungi.

CANCER

A recent study showed that sarsaparilla has anticancer properties in cell lines of various cancers and in mice. Preclinical studies on breast and liver cancer tumors also showed sarsaparilla's anticancer Characteristics Further research is needed to determine whether cercapilla can be used to prevent and treat cancer.

PROTECTS THE LIVER

Sarsaparilla has also shown protective effects on the liver. Research on rats with liver damage has found that the flavonoid-rich compounds in sarsaparilla could reverse the liver damage and help it function at its best.

IT IMPROVES THE BIOAVAILABILITY OF OTHER SUPPLEMENTS.

Sarsaparilla is used in herbal blends to act as a " synergist ". In other words, the saponins present in sarsaparilla are believed to increase the bioavailability and absorption of other herbs.

METHOD OF USE

The appropriate dose of sarsaparilla depends on several factors, Including the user's age, health and many other conditions. At this time, there is not too much scientific information to determine the appropriate size range for sarsaparilla. Be sure follow the instructions related to the product labels and consult your pharmacist, doctor or other healthcare professional before use.

PRECAUTIONS

Not enough is known about the use of sarsaparilla during pregnancy and breastfeeding. Be careful and avoid using it.

ASTHMA: Exposure to sarsaparilla root powder can cause a runny nose and asthma symptoms.

KIDNEY DISEASE: Sarsaparilla can make kidney disease worse. Avoid sarsaparilla if you have kidney problems.

SASSAFRAS

Sassafras albidum

Few plants were regarded as highly or used as widely by Native Americans as the sassafras tree. Once European settlers arrived and saw what sassafras could do, news of this exciting plant quickly traveled back to Europe. “This tree at one time created greater interest in the Old World than any other American product, not excepting tobacco,” wrote historian John Lloyd. Legend suggests that America might not have been discovered by the Europeans had it not been for this aromatic tree. Christopher Columbus is said to have been alerted to land by the sweet smell of the early spring leaves of the sassafras tree.

Native Americans used sassafras roots to make poultices for wounds and skin infections. The roots and berries were widely used to make teas for treating nausea, fevers, fatigue, gas pains, menstrual pain, scarlet fever, and even syphilis. Used externally, a decoction made from sassafras root is a helpful antiseptic. Many herbalists recommend this decoction to ease poison ivy rashes and to kill lice. Native Americans reportedly used a preparation made from the gummy core of sassafras branches to soothe tired eyes.

PHYSICAL CHARACTERISTICS

Generally, 30 to 50 feet tall, sassafras is a deciduous tree with small, highly aromatic, mitten-shaped leaves that may have one or two “thumbs.” It has a gray, deeply ridged bark and a thick trunk reaching six feet in diameter. It bears small, greenish-yellow flowers in the spring.

WHERE CAN BE FOUND

Sassafras is found in most parts of the eastern United States, extending as far west as Michigan and Texas.

METHODS OF USE

To relieve rashes or disinfect superficial cuts or scrapes, add two ounces of fresh sassafras leaves to a pint of boiling water and let simmer for 15 minutes to an hour. After the mixture has cooled, apply it to the affected areas as a wet compress.

PRECAUTIONS

Do not use sassafras if you are pregnant. There is some evidence that sassafras oil could cause a miscarriage.

Children: sassafras is dangerous for children. A few drops of sassafras oil can be

fatal.

Surgery: In medicinal doses, sassafras can slow down the central nervous system. This means that it can cause drowsiness and Sleep. When combined with anesthesia and other medications used during and after surgery, it can greatly reduce the central nervous system. Stop using Sasafras at least 2 weeks before scheduled surgery.

Urinary tract disorders: Sassafras can make these conditions worse.

SAVORY

They were aromatic plants from the mint family. There are about thirty so-called salty species, including summer salty, mountain salty and winter salty. Summer salty, which is more popular as a spice and folk medicine, has long been considered an aphrodisiac. It also has a wide range of uses including aiding the system and curing gas, diarrhea, cough and colic in herbal remedies. It has been used effectively on the chest to cure congestion.

SAW PALMETTO

Serenoa Repens

The saw palmetto is a small species of palm native to the southeastern United States, mainly concentrated in Florida and some surrounding areas. As they generally grow prostrate, plants generally reach three to six feet in height, reaching up to 15 feet on They are rare instances of growing upright. Seen palmetto plants can live for many years - the oldest plants in Florida are estimated to be 500 to 700 years old. Palmoto grows in sandy soils and produces medicinal fruits until summer and October. The fruit is blue-black when fully ripe. It has a distinctive sweet aroma, which is described as slightly soapy and spicy.

Sa Palmetto berries were used as a food source and general tonic for Native Americans in Florida, and were consumed by early American immigrants to stave off hunger. John Lloyd, an American botanist, was one of the first to notice the positive effects of fruit on grazinga nimals and concluded that it can help humans as well. Weed fell out of favor in the 1950s because science could not explain the berries' observed actions.

Today saw palmetto is one of the most used and studied herbs to support healthy prostate function.

MEDICAL USES

Saw Palmetto extracts have been used for over 100 years to treat prostate conditions, especially benign prostatic hyperplasia or BPH. BPH is characterized by benign (non-cancerous) enlargement of the It is thought to affect the prostate and more than half of men over the age of 50. This creates poor urine output.

The use of standardized sal palmetto extract is supported more than two dozen controlled clinical trials, most of them conducted in Europe. Comparative clinical studies have confirmed that saw palmetto is as effective as a conventional medicine in relieving BPH symptoms, with fewer side effects.

METHOD OF USE

Saw palmetto can be taken in many ways.

Little research exists on effective dosages when saw palmetto berries are eaten whole or soaked to make tea.

When taken as a dry supplement or oily liquid extract, saw palmetto appears to be most effective in daily doses of 160-320 mg.

That said, most studies have been conducted solely on men, so it's unclear whether the same dosages are appropriate for women.

Always consult your doctor before taking Saw Palmetto to ensure its safety and correct dosage.

PRECAUTIONS

No contraindications have been identified.

There is a lack of information on safety and efficacy during pregnancy and breastfeeding. Since saw palmetto affects androgen and estrogen metabolism and there is no justification for its use in this population, saw palmetto should be avoided.

SKULLCAP

This perennial herb from the mint family, officially called Scutellaria Lateriflora, is native to North America and grows in Canada and the northern United States. Also known as Hoodwort, Blue Skullcap, Virginian Skullcap, and Crazy Dog, it promoted the reproductive system. Historically it was grown and used for menstrual cycles by Native American women. Various tribes used the herb in purification ceremonies. The Iroquois used an infusion of the root to keep the throat clean, while other tribes used certain herbs as bitter tonics for the kidneys.

It is an effective, anti-inflammatory, abortive medicinal plant, used as a sedative to treat epilepsy, hysteria, anxiety, throat infections, headaches, malaise, anxiety, convulsions, etc. Pregnant women should not assume the skullcap.

MEDICAL USES

Scutellaria is used for sleep disturbances (insomnia), anxiety , stroke and paralysis caused by stroke . It is also used for fever, high cholesterol, the ‘’ hardening of the arteries “(atherosclerosis), the anger, the ‘ epilepsy, nervous tension, allergies, the infections skin, the inflammation and spasms.

METHOD OF USE

The appropriate dose of Skull Cap depends on many factors including the age, health and various conditions of the user. Currently, there is not enough scientific information to determine the appropriate size range for the skull. Keep in mind that natural products are not always safe and quantities are important. Be sure to follow the instructions on the product labels and consult your pharmacist or other professional health care provider before using.

PRECAUTIONS

There is not enough reliable information on the safety of taking Scutellaria if you are pregnant or breastfeeding. Be careful and avoid using it.

Surgery: Skullcap can slow down the nerve center in the system. The workers health fear that the anesthesia and other drugs during and after surgery may increase this effect. Stop taking the

Skullcap at least 2 weeks before your scheduled surgery.

SLIPPERY ELM

Ulmus Rubra

The slippery elm, formerly known as Ulmus Rubra, is a genus of elm native to eastern North America, eastern and southern Quebec, southern and northern Florida, and western and eastern Texas, southeastern North Dakota. The tree had many Native American uses, including fiber from the inner bark for yarn, bowstring, cords, clothing, etc. The wood was used for various purposes and for medicinal purposes, the bark and leaves in washes and herbal teas. Les maladies digestives, les 1lcers1s gastro-intestinaux, arthritis, les maux de gorge, les 1lcers, gout, les maux d'estomac, les vers intestinaux, la toux, la bronchitis et d'autres irritations respitoires étaient également drugs. The entire cortex was often used as an abortion, but it often had serious repercussions. It was also used to treat skin ailments, vaginitis, hemorrhoids, toothaches, and spider bites.

MEDICAL USES

Slippery elm has long been used in herbal medicine. It is taken orally or topically to treat cuts and burns. Some of the conditions believed to treat slippery elm are:

- Ref Acid reflux
- Inflammatory bowel disease (IBD)
- Irritable Bowel Syndrome (IBS)
- Constipation
- Outh mouth ulcers
- throat pain
- Diarrhea
- Rin urinary swelling
- Cystitis

Some proponents claim that slippery elm can treat upper respiratory infections, syphilis, herpes, arthritis, psoriasis and breast or lung cancer.

METHOD OF USE

There are no guidelines for the proper use of slippery elm. While slippery elm is considered safe when used for the short-term treatment of a sore throat, you shouldn't assume it can be used with impunity. As a general rule, never exceed the recommended dosage on the product label.

Slippery elm remedies are usually made with the powdered inner bark of the tree. The powder is then used to make supplements in capsule form or to create extracts for use in dyes, pads, balms, and lip balms.

SPEARMINT

Mentha Spicata

Officially known as Mentha Spicata, known as Spearmint or Spearmint, is a local mint plant in many parts of Europe and Southwest Asia. For the treatment of bronchitis, chills, cramps, fever, chronic gastritis, headache, indigestion, cold, morning sickness, dizziness, nasal inflammation, nausea and painful menstruation, an herbal tea was prepared with fresh or dried leaves that knew very well and freshen up. It has been used externally for bruising, swelling, muscle aches and rheumatism.

METHOD OF USE

The appropriate dose of spearmint depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for spearmint. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

PRECAUTIONS

Pregnancy: Spearmint can - be dangerous when taken by mouth in large quantities during pregnancy. Very large doses of peppermint tea can damage the uterus.

Breastfeeding: There isn't too much reliable information to know if spearmint can be used safely while breastfeeding. Be careful to avoid using quantities exceeding those found in food.

Kidney Disorders: ***Spearmint*** tea can increase kidney damage. Large amounts of peppermint tea appear to have greater effects. In theory, using large amounts of peppermint tea could make kidney problems worse.

Liver disease: tea ***Spearmint*** can increase liver damage. Large amounts of peppermint tea appear to have greater effects. In theory, using large quantities of peppermint tea could make liver disease worse.

STEVIA

Common in subtropical and tropical areas from western North America to South America, it is a genus of about 240 grasses and shrubs of the sunflower family. Stevia Rebaudiana species has long been used as a sweetener and in the treatment of heartburn, obesity, gas, diabetes and hypertension, commonly known as Sweetleaf and Sugarleaf.

MEDICAL USES

Diabetes. Some preliminary research suggests that daily intake of 1000 mg of stevia leaf extract may lower blood sugar after eating a Small amount for type 2 diabetics. But other research shows that taking 250 mg of stevioside, a chemical found in stevia, three times a day does not lower blood sugar after three months of treatment.

high blood pressure. It is not known exactly how stevia affects blood pressure. 750-1500 mg in stevia. Some studies suggest that taking stevioside, a chemical compound, lowers daily systolic blood pressure (high number on blood pressure readings) by 10-14 mmHg and diastolic blood pressure (lowest number) to 6. 14 mmHg. However, other research suggests that taking stevioside may not lower blood pressure.

Heart problems, heartburn, weight loss.

METHOD OF USE

The exact amount of stevia depends on many factors such as the age, health and various conditions of the user. At this time, there is not too much scientific information to determine the appropriate size range for stevia. Remember that that natural products are not always safe and quantities are important. Be sure to follow the instructions on the product labels and consult your pharmacist or other professional health care provider before using.

PRECAUTIONS

There is not too much reliable information to know whether it is safe to take stevia while pregnant or breastfeeding. Be careful and avoid using. Allergy to Rockweed and Related Plants: Stevia is a part of Asteraceae / Compositae family. This family includes ragweed, chrysanthemums, daisies, daisies, and many other plants. In theory, people susceptible to ragweed and related implants may also be susceptible to stevia.

Diabetes - Some ongoing research suggests that some of the chemicals in stevia can lower blood sugar levels and can interfere with blood sugar control.

However, others disagree with the research. If you have diabetes and are taking stevia based sweeteners, or one that contains carefully monitor the level of blood sugar and report their findings to their professional of health.

Low Blood Pressure: There is some evidence, although not conclusive, that some of the chemicals in Stevia can lower blood pressure. There is concern that these chemicals can lower blood pressure too much in people with low blood pressure. Ask for advice from your professional of health before taking stevia based sweeteners, or if you have low blood pressure.

STIFF GOLDENROD

Rigidum Oligoneuron

It is officially known as Rigidum Oligoneuron and also as Rigid Goldenrod Prairie Goldenrod. The leaves and flowers have been found to be an effective antiseptic, astringent and prevent bleeding. In preventing all types of bleeding, it has long been a viable solution. The flowers were also ground into a lotion and used to treat bee stings by Native Americans.

MEDICAL USES

- spasms
- Swelling (inflammation) illness of the mouth, throat and lower urinary tract.
- injuries
- Drip.
- Arthritis.
- Kidney stones
- Skin diseases.
- Tuberculosis.
- Diabetes.
- Enlargement of the liver.
- Hemorrhoids.
- Internal bleeding.
- Asthma.
- Hay fever.
- Enlarged prostate.

METHOD OF USE

Due to the risk of dehydration, it is recommended that you drink at least two liters of water per day while taking the goldenrod.

Making tea is a common preparation for the goldenrod. To produce:

- Measure 1 to 2 teaspoons (3-5 grams) of dried herb.
- Boil 150 milliliters (ml) of water.
- Infuse for five to ten minutes.
- Filter the tea.

The usual dose ranges from 6 to 12 grams per day, or between two and four cups of tea per day.

LIQUID FORMS

If you are taking a liquid extract of goldenrod, the typical dose is between 0.5 and two ml, two to three times a day.

For one tincture, the dose is usually 0.5 to 1ml, taken two to three times a day.

PRECAUTIONS

A potential concern with goldenrodine is allergic reactions. However, because these related plants bloom at the same time, it is not uncommon for people to mistakenly think of rockweed allergy as a goldenrod allergy. Goldenrod allergy is much less common than rockweed allergy.

Both plants belong to the aster family, which includes daisies, marigolds, artichokes and many other plants. Some people in this family may have allergies, not others.

However, this does not mean that you may not be allergic to Goldenrod, whether or not you have had an allergic reaction to other plants in the aster family in the past.

VIOLET

Viola

Valued for more than its pretty face, the wild violet became a medicinal mainstay for many Native American tribes. The Ojibwa have used a decoction made from the roots of the white violet for treating bladder pain and one using the roots of the yellow violet for sore throats. The Potawatomi used the roots of the yellow violet as a tonic for heart problems. Other tribes used various species of violet for diarrhea, fever, gas, indigestion, bronchitis, headaches, and poor circulation. Scientists have found that most species of violet, in addition to being great sources of vitamins A and C, contain a chemical similar to the active ingredient in aspirin. Violets also are rich in a substance called ruin, which research shows can strengthen capillary walls, possibly making it helpful for preventing and treating varicose veins. The studies showed that ruin is effective in amounts ranging from 20 to 100 milligrams. A half-cup of fresh violet flowers contains 200 and 2,300 milligrams of ruin, says herbal authority James A. Duke, Ph.D.

PHYSICAL CHARACTERISTICS

There are over 400 species of wild violet. Most are perennials, but some grow annually. They generally reach four to six inches in height, have oval leaves, and small white, violet, or yellow flowers bloom in April & May.

WHERE CAN BE FOUND

Violet can be found throughout the United States. It prefers damp, shady environments, and often grows near tall shrubbery and within sparse woodlands.

METHODS OF USE

All parts of the violet are medicinally active and can be used fresh or dried. Make a tea by boiling any part of the plant for about 15 minutes, using a teaspoonful of herb in a cup of water. Or you can make the tea into a syrup with further boiling to reduce the liquid and adding a little bit of honey. Native Americans sometimes used violet poultices, which they applied to the head as a treatment for headaches. The African violet is not related to wild violet and should not be used as medicine.

WATERCRESS

Nasturtium officinale

If you already enjoy the spicy bite of watercress in sandwiches and salads, you might want to take an extra helping for your health. Watercress is exceptionally nutritious, with healthful amounts of vitamins A, C, and E, along with minerals such as calcium, magnesium, iron, and copper. Although native to Europe, it didn't take long to spread throughout North America and Mexico, and Native Americans quickly discovered its healing powers.

They used watercress tea to treat liver and kidney problems, gallstones, nervousness, colds, and a variety of upper respiratory infections. Juice from the plant's leaves was used externally to treat skin conditions such as acne and ringworm. The juice was even applied to the scalp in an attempt to prevent hair loss.

PHYSICAL CHARACTERISTICS

Watercress is characterized by leafy stems one to three feet long. It has small white flowers and fleshy oblong leaves that grow in three to seven leaves each.

WHERE CAN BE FOUND

Watercress grows throughout the United States and Mexico and most of Canada. Look for it growing in shallow creeks, along the edges of slow-moving rivers, and in ponds and lakes wherever the water is clear, cool, and in motion. The herb does best in water two to six inches deep. Its leafy stems usually protrude several inches above the water's surface. It's also widely available in supermarkets.

METHODS OF USE

To make watercress tea, add a teaspoonful of dried or fresh herb to a cup of boiling water. Let stand for about 10 mins, then strain and take as needed. The same tea can also be used as a skin wash for rashes, eczema, or acne. For a more astringent facial tonic, crush the leaves to extract the juice and apply it to your skin. Some herbalists recommend mixing watercress juice with a little vinegar and applying it to the forehead to get a quick jolt of energy. Wild watercress should be thoroughly washed because it may harbor parasites. It may irritate the kidneys in large amounts, so you don't want to use it daily.

PRECAUTIONS

Watercress is probably dangerous when used in medicinal amounts during pregnancy. This could trigger menstruation and cause a miscarriag. It is best to avoid use. There isn't too much reliable information to know if watercress is safe

to use while breastfeeding. Be careful and avoid using it.

Children: Watercress is probably not safe for use as a medicine in children, especially those under the age of four.

Stomach or intestinal ulcers: Don't use watercress if you have stomach or intestinal ulcers.

Kidney disease: Don't use watercress if you have kidney disease.

WITCH HAZEL

Hamamelis Virginiana

It is made from the bark and comes from the North American witch hazel bush, officially known as Hamamelis Virginiana, a proven astringent. It grows naturally in the United States from western Nova Scotia to Ontario, Canada and south to Florida and Texas. American Indians have used it extensively for medicinal purposes. By boiling the stems of the shrubs, witch hazel extract was developed to treat muscle aches, wounds, insect bites, skin irritations, sores, bruises, swelling and to prevent bleeding. The Wisconsin Menominee heated leaves and rubbed the substance on the legs of tribes interested in sports games. A decoction of freshly boiled twigs was used to relieve back pain, while one of Potawatomi's favorite remedies for muscle aches was the steam obtained by dropping the branches into hot rock water. The first Puritan settlers to adopt this remedy was adopted by the natives by the first Puritan settlers of New England, and its use has become commonly known in the United States. To prevent acne, eczema, psoriasis, ingrown toenails, chapped or swollen lips, poison ivy, hemorrhoids, varicose veins, and sunburn, it has also been shown to be effective. While the American Indians used East Witch Hazel to treat various ailments, the Chippewa mainly treated swollen, inflamed, or itchy eyes.

WILD ONION

About 600 species of onions (Allium) are found in North America, Europe, North Africa and Asia. In addition, chives, shallots, leeks and garlic are also part of the onion family. Hey, it can be used as ornamental plants, vegetables and spices. They are used to treat colds, coughs, allergies, lung infections, bronchitis, and insect repellents.

WILD ONION WILLOW

There are about 400 families of trees and shrubs. Willow leaves and bark were mentioned for pain and fever in ancient Egyptian and Greek texts. Native Americans from all over the Americas considered it the cornerstone of their medical care. It was also used to treat nausea, headache, mouth ulcers, toothache, gastric diarrhea. The Pomo tribe also boiled the inner part of the root bark so that tea was used in case of chills and fever to induce sweating. From the bark of the red willow, the Natchez prepared their fever treatments in the south, while the Indians of Alabama and Brooks for the same reason took willow root baths.

WILD GINGER

Canada Wild Ginger

It is also known as Canada Wild Ginger and Canadian Snakeroot, formerly known as Asarum Canadense, and is native to the forests of eastern North America. In the treatment of dysentery, stomach problems, swelling of the nasal sinuses, cough and cold, sore throat, typhus, scarlet fever, nerves, cramps, earache, ear pain, that hypertension, measles, headache, seizures, urinary tract diseases and venereal diseases, Native Americans use the roots as a spice as well as a herbaceous plant. They also used it as an appetite stimulant.

YELLOW SPINED THISTLE

Cirsium Ochrocentrum

It is scientifically known as the Cirsium Ochrocentrum herb. It is local to the central United States. Native Americans have long used it in herbal treatments. It has been used for many purposes by the Zuni people, including contraception and the treatment of syphilis and diabetes. The Kiowa also used the plant to heal wounds, sores, and other skin ailments as a wash.

YERBA MATE

Ilex Paraguariensis

Officially called Ilex Paraguariensis, the Holly genus is sometimes spelled Erva Mate and is a species of Holly. It is native to subtropical South America. As a therapeutic herb used to strengthen immunity and purify the blood to reduce depression and treat insomnia, it has a long history. It has also been used to relieve fatigue, reduce hunger, treat stomach and intestinal problems, lower blood pressure, detoxify the body, nervous disorders, depression, anxiety, fever, obesity, and strengthen the nervous and muscular systems with a diuretic, tonic.

YELLOW DOCK

Rumex Crispus

This common herb from the buckwheat family was naturalized in North America, officially known as Rumex Crispus. Often known as Sour Dock, Curly Dock, and Narrow Dock, it was quickly adopted as a medicine and food by Native Americans. Several cultures in North America have used both the leaves and the roots to treat constipation, ringworm, cleanse the blood and stomach pain. It has been used externally for joint pain, swelling, minor sores, diaper rash and other scalp irritations. The Navajo herb used the root as a tonic, calling it a "medicine of life" and a hot wort extracted from a decoction of crushed roots for a disinfectant recommended by Cherokee herbalists.

YELLOW ROOT

Xanthorhiza Simplicissima

Officially called Xanthorhiza Simplicissima, from southern Maine to northern Florida and western Ohio and east Texas, this woody-stemmed natural plant is native to the eastern United States. Although the yellow root is poisonous in large quantities, for the treatment of oral disorders, stomach ulcers, stomach ulcers.

Pain, Native Americans made tea and used it outdoors to treat skin conditions, sores and swelling. It has also been shown to be powerful in lowering blood pressure and liver well-being.

BOOK 6: HOW TO GROW AND USE HERBS

Native American Herbs To Grow And Use

ANISE: Agastache foeniculum

Propagation: If grown in optimal conditions and with adequate care, plants will spread via rhizomes and quickly self-seed. Open-pollinated types are simple to grow from seed.

To ensure that the seeds germinate, press them into seed starting mix but do not cover with dirt—cold, moist stratification assists in improving germination rates. In 1-4 weeks, seeds should germinate.

Also, it is simple to save seeds from the plant. Allow the blossoms to dry on the plant before bagging them to collect the mature seeds. Division or semi-ripe stem cuttings taken in the summer can be used to create sterile hybrids.

Light: Anise Hyssop thrives in direct sunlight. It will thrive in partial shade but will become lanky in the absence of sufficient sunlight.

Soil: Provide fertile, well-drained sand, loam, chalk or clay to plants. Avoid dense clay, which can cause drainage issues and eventually root rot. Maintain a pH close to neutral and amend acidic soils with lime.

The ideal moisture level is dry to medium; established plants can usually survive dry soils. Winter survival is contingent upon the soil draining adequately and being somewhat dry over the winter.

Water: Water newly planted Anise Hyssop regularly for the first four weeks if there is no rain. Slowly and deeply water, allowing for the establishment of deep, spreading roots. Once the plants are established, watering should be discontinued. They are very easy to grow due to their drought tolerance.

Fertilizer: Every other year, feed each plant about a shovelful of compost. Distribute it evenly around the base, leaving a few inches between the compost and the main stem.

Uses: Anise Hyssop is a versatile, aromatic, culinary and medicinal herb with a long history of use by Native Americans. It has many uses in the garden and kitchen. Bees butterflies and hummingbirds are attracted to the nectar of the

flowers.

Meanwhile, birds take any seeds that remain on the stalks toward the end of the season. Both the blossoms and the leaves have a strong licorice aroma and flavor. Aromatic leaves can be crumbled into salads, used to make jellies, steeped in herbal tea (like the Cheyenne tribe does to alleviate depression) or incorporated into potpourri.

Sprinkle seeds over cookie, muffin or biscotti dough; dried licorice leaves can be used in place of seeds for a comparable licorice flavor. Fresh flowers give an element of interest to bouquets. To incorporate these blossoming spikes into dried floral arrangements, hang them upside down or let them dry naturally on the plant.

Pests and Diseases: Bear in mind that crown/root rot may occur in poorly drained soils. Rust, powdery mildew and leaf spots should all be avoided. Despite these possible drawbacks, Anise Hyssop is a hardy perennial that is deer resistant and generally prolific.

ANGELICA: Angelica archangelica

Propagation: To spread seeds indirectly, start them in peat pots that can be planted immediately or ripped away. Before planting, stratify the seeds by placing them in a plastic bag with damp peat and sand and storing them in the refrigerator for 21 to 60 days.

Alternatively, you can plant in peat pots in the fall and leave the pots out exposed over the winter. A mixture of peat moss, perlite and sand will be used as your planting media. Maintain moisture in this area, remove seedlings before they reach 4 inches, and establish that vexing tap root.

Light: Angelica's preferred light source varies according to the weather. Angelica is a cold-climate native that favors cooler, moister soils. If you reside in a hot climatic region, it's advisable to position your angelica in partial shade. When grown in cooler climates, this herb requires direct sunlight.

Soil: Because angelica is so flexible, the sole precise requirement for soil is to be moist. Apart from that, practically any circumstances will suffice; however, it prefers slightly acidic soil with a pH of no more than 7.0. You can simply determine the pH of your soil with a simple test and amend as necessary but your plant should not suffer unless the soil is extremely alkaline.

Water: If your angelica patch is not in an area that receives sufficient rainfall or

runoff, you must water the plant often. The soil around your plant should always be moist and cool to the touch but not soaked.

Temperature and Humidity: Angelica's native temperature range is primarily cool. Angelica should thrive in USDA Zones 4-7.

Fertilizer: As is the case with most herbs, angelica does not require fertilization. You may choose to include some compost into the area you intend to plant but this should suffice.

BASIL; Ocimum basilicum

Propagation: Basil thrives in practically any form of container, including a child's pool. However, two guidelines for success apply: maintain the soil moist and avoid crowding the plants.

The simplest approach to adhere to both principles is to plant in large, deep containers, which provide additional soil for moisture retention and additional space for spreading out several plants and ensuring appropriate air circulation.

You can plant as close as 6 to 8 inches apart to give your containers a full appearance, but spreading them 12 to 18 inches apart allows better air circulation. Overcrowded plants are prone to fungal diseases.

To ensure optimum hydration of your container plants, check the soil every day by inserting your finger through the second knuckle and water when the soil feels dry at this depth. Utilize high-quality potting soil that drains effectively to avoid drowning the roots.

Additionally, ensure that the container includes drainage holes. If the soil is not pre-fertilized, add some organic plant food and thoroughly mix it into the soil before filling the container. Following that, feed the plants with a diluted liquid fertilizer every two weeks.

Light: Basil grows best when it receives six to eight hours of direct sunlight per day. Also, ample sun results in fewer disease problems and stronger plants. Except in the hottest temperatures, basil enjoys the partial shade.

Soil: Basil thrives on moist, nutrient-dense, well-draining soil. Compost or nutrient-dense mulch is a fantastic idea for amending your soil.

Water: Regularly water basil deeply but ensure that the soil is well-drained. Utilize mulch to assist in retaining moisture.

Temperature and Humidity: Basil is a connoisseur of heat. Plant it only if the daytime temperature remains in the 70s and the nighttime temperature exceeds 50 degrees Fahrenheit. Basil is extremely frost-sensitive and is among the first

plants to perish in the fall.

You can extend the season by covering the plants with row covers when the frost is imminent. Allow the row cover to contact the leaves—frost on the outside of the row cover is sufficient to damage the tender leaves, turning them black.

If you reside in a frost-free zone, you may wish to let some basil plants in your yard flower and self-seed. Not all kids will succeed in this endeavor.

Fertilizer: Since you will be plucking leaves from your basil plants, they may require frequent fertilization. An all-purpose fertilizer works well and contributes to the continual growth of new leaves.

Pests and Diseases: Aphids are the most common basil pest, particularly when plants are grown indoors. Outside, beetles and snails can also be a problem, causing holes in the leaves. To eliminate these pests, spray the entire plant with a soap solution of 2 teaspoons dishwashing liquid and 1 gallon of water.

Harvesting: Basil leaves can be harvested when the plants reach a height of 6 to 8 inches. Even if you are not cooking, drying, or freezing the leaves, harvesting them periodically will increase the plant's vigor. Basil leaves can be dried or stored after harvesting for later use. While dried basil is convenient, it lacks flavor.

While frozen basil has a stronger basil flavor than dry basil, the texture is compromised. In cooked meals, use frozen basil. If you enjoy cooking with basil and olive oil, combine fresh basil and your preferred olive oil in a blender and freeze in ice cube trays. Frozen cubes should be stored in an airtight container.

Basil is prone to powdery mildew, which can be controlled by allowing sufficient distance between plants to allow adequate air circulation and avoiding overhead watering, splattering fungal spores onto the plants. Leaves that are severely harmed should be removed and disposed of.

BAY; Laurus nobilis

Propagation: Bay laurel can be cultivated in any rich, moist, and well-drained soil as a trimmed garden shrub or a full-sized landscape tree. It is more frequently (and in cold locations) planted in a pot filled with potting mix.

Potted bay plants are frequently transferred between outdoor and indoor areas depending on the season. They make appealing houseplants, but they benefit from the summer sun; in the summer, it's a good idea to bring houseplants outside into the sunshine.

Light: If you grow your bay tree indoors, winterize it near a sunny window.

Avoid exposure to drafts and the heat generated by appliances. Outdoor plants like partial shade to full light but will tolerate it. Some midday shade is ideal in locations with hot, dry summers.

Growing the plant just to produce leaves for cooking provides their finest flavor when exposed to full sun for at least a portion of the year.

Soil: This herb is not selective about soil type but it does require good drainage. It thrives on both acidic and alkaline soils. Plants grown in containers can be grown in any commercial potting mix. Plant your bay tree at the same depth it was originally potted.

Water: Bay roots are extremely shallow and frequent watering may be required during periods of drought. Exercise caution when weeding or cultivating near the tree's base.

Regular watering is necessary but always allow the soil to dry between waterings to prevent root rot. While your bay tree will most likely go dormant and drop a few leaves, you do not want its soil to remain dry for extended periods.

Temperature and Humidity: Only USDA hardiness zones 8 through 10 are suitable for the bay. Bring it indoors in winter in cooler places and provide it with somewhat cool settings.

However, due to the low humidity in your environment, you may have difficulty maintaining your indoor bay tree from drying out. When it sheds a few leaves, use the leaves in cooking and regularly sprinkle the tree with water.

Fertilizer: Due to the moderate growth rate of bay laurel, it does not require any nourishment. Supplemental fertilizer is required for containerized plants.

Feed a container-grown bay plant twice a year, in the spring and mid-summer, using a balanced organic fertilizer such as fish emulsion and kelp. Also, renewing the top couple of inches of soil each spring is beneficial, not harming the shallow roots.

Harvesting: At any time of year, mature leaves can be harvested for use in recipes. Before harvesting leaves, plants should be at least two years old. Cure the leaves by placing them on parchment paper and drying them in a warm, dry location for two weeks.

The bay tree's leaves offer a plethora of culinary applications. Bay is also a traditional ingredient in the French bouquet garni herb arrangement. The green leaves are particularly aromatic when preserved.

Dried leaves are crumbled into cooked meals and allowed to invigorate the dish as a spice. The leaves do not soften significantly while cooking and are removed

before consumption. Also, the leaves are utilized to create fragrant wreaths and garlands.

Bay has also been used medicinally for centuries, with applications ranging from earaches to rheumatism to insect repellant. However, be aware that some people find the leaf oils irritant to the skin.

Pests and Diseases: Bay laurel is generally pest-free. Indeed, the plant and its leaves are often utilized to ward off pests from surrounding plants and the pantry.

Scales can occasionally be an issue and moths will occasionally lay their eggs between two leaves, fusing them with a cottony fluff. If two leaves appear to be glued together, pry them gently apart and remove the eggs or larva.

CAYENNE: Capsicum annuum

Propagation: If you want to cultivate cayenne peppers in your garden and have a longer growing season and plenty of sunlight, you may immediately sow the seeds into the soil 10 to 14 days before the last frost of the year.

However, you're likely to have the most luck growing cayenne peppers inside or, better yet, in a greenhouse. Seedlings are sensitive and cannot handle excessive heat or cold.

When starting plants inside, set the container in a bright spot in a room with a minimum temperature of 60 degrees Fahrenheit. Seeds should be put in well-drained, light soil and typically sprout in approximately 16 to 20 days.

Plant the seedlings on flats spaced a few inches apart or in individual pots, and then gradually adapt them to outside temperatures before transplanting them approximately six to eight weeks later (assuming that all danger of frost has passed).

Transplanting cayenne pepper seedlings is stressful, so take care to minimize the trauma. If you opt to transplant before the season's final frost, protect the plants with hot caps, row covers, or black plastic.

Light: The cayenne pepper plant thrives when it receives at least eight hours of direct sunlight per day.

Soil: Cayenne pepper plants demand healthy, moist soil with a neutral pH. Increased acidity in the soil can result in peppers that are hotter than normal. If in doubt, it may be worthwhile to do a soil pH level test.

Water: Cayenne pepper plant watering can be a tricky process. While they do demand wet soil, overwatering is sometimes an issue. If the soil becomes too

wet or dry, the foliage of the plant can become yellow. A thorough watering at the base of the plant every few days is often useful. Mulching the area around the plant might help conserve moisture.

Temperature and Humidity: The cayenne pepper plant is a tropical species that thrives in persistently warm temperatures. These plants are unable to endure temperature extremes, either hot or cold.

Consistently low temperatures below 55 degrees Fahrenheit will result in poor growth and yellowing of the leaves. Temperatures below 32 degrees Fahrenheit will cause damage or death to the plants, while temperatures above 75 degrees Fahrenheit at night can affect pepper production levels.

Fertilizer

Cayenne peppers thrive in fertile soil. If your soil is not extremely fertile and you intend to apply fertilizer, avoid one that has many nitrogens. This will redirect energy away from fruit production and toward outstanding foliar growth.

Harvesting: Cayenne peppers are typically harvested between 70 and 100 days after planting. Ripe peppers will often be red, about 4-6 inches long, with waxy skin and a firm texture. Overripe or soft specimens are not edible and while you can eat peppers when they are still green, they will lack the same pleasant or powerful flavor.

While peppers can be taken from the stem, peppers are preferred to be snipped from the plant to avoid harm. This is important because, with proper care, you can harvest peppers until the first fall frost.

Once selected, store your peppers in the refrigerator. To get the most flavor and nutritional value out of them, utilize them within a week of harvesting. Also, dried peppers can be processed into powdered seasoning for usage in different cuisines.

Insects and Diseases: A few pests are attracted to peppers; they are also problems for other nightshade family members (like tomatoes). However, with proper care, they are unlikely to have a substantial impact on your harvest. Aphids, mites, pepper hornworms, pill bugs and leafminers should all be avoided.

Leaf spot, fusarium wilt and anthracnose can occasionally be a concern, particularly in humid weather. Proper spacing, proper soil drainage and watering from the plant base reduce the likelihood of these diseases being an issue.

CHIVES: Allium schoenoprasum

Propagation: Chives are extremely easy to increase by division. Even if you do not require fresh plants, dividing clumps every few years is advisable. This increases the plants' productivity and health and keeps them from getting overcrowded.

Pruning: If you don't want chives to spread over your garden, it's a good idea to deadhead them right after they bloom. This will ensure that the seeds don’t spread.

Light: Chives flourish in full sun. While they tolerate some shade, their bloom display is diminished in shaded settings.

Soil: To get the best crop, plant chives in well-draining, rich and moist soil—the same conditions that onions flourish in.

Water: Once established, chives are a drought-tolerant species. That doesn’t imply that you should ignore them during hot, dry weather. To ensure a spectacular crop, keep chives moist throughout the growing season.

If you cannot always keep up with your watering responsibilities, you may want to consider mulching. Because chives bulbs are close to the soil's surface, they can aid in soil moisture conservation.

Temperature and Humidity: Chives are a cool-season herb that thrives in the spring and fall. Summer heat can occasionally cause chives to fall dormant in the middle of the summer. Extreme cold can also destroy the foliage, which is why pot-grown chives are often brought indoors for the winter.

Fertilizer: Chives do not require many nutrients to survive and so do not require frequent fertilization. However, a smart option is giving chives a single top-dressing with a nitrogen-heavy fertilizer in late spring or early summer.

Harvesting: Chives are typically harvested within a couple of months of seed germination or approximately 30 days after planting nursery seedlings. It's a good idea to clip the leaves down to the root for aesthetics and promote healthy regeneration.

You can harvest at any time but older growth may be harder and less flavorful. In their first year, new plants should be harvested four or five times. Monthly harvesting of mature plants is recommended.

Chives are best when used fresh or immediately frozen after harvesting. When dried for storage, they lose their flavor. If you intend to eat the flowers, pick them immediately after they have fully opened, as this will ensure the best flavor.

CORIANDER: Coriandrum sativum

Propagation: Cilantro often self-seeds in the garden, self-propagating. Also, you can harvest and keep seeds for future plantings. This is best done in the summer when the seed heads on the plants have dried out. This is how:

Trim the seed heads once they have turned brown and dried on the plant. Wait too long or the decaying plant's stems may flop over and spill the seed heads.

Invert them in a paper bag. They should split open within a few days.

Allow the seeds to dry completely in a cool, dry location away from direct sunshine.

Put them in an airtight container with a date label. They should be viable for at least a few years after planting.

Light: On most days, the cilantro plant flourishes with around six hours of direct sunlight. However, when arranging your garden, choose a location that will avoid excessive high-noon sunshine, as these rays can scorch cilantro leaves.

Consider growing cilantro in pots that regularly move into the shade if you live in a hot climate. Excessive heat and direct sunlight will cause the plant to bolt (go to seed) prematurely.

Soil: Cilantro grows best on loose, loamy, fast-draining soil with a slightly acidic soil pH. Excessive moisture stored in the soil might cause the plant to bolt prematurely.

Water: Maintain an equal moisture level in the soil while seeds germinate and seedlings develop. For seedlings, around 1 inch of water per week is good. Although mature plants require less water, they nevertheless like moist soil. Simply ensure that their roots are never flooded.

Temperature and Humidity: Cilantro grows best in cooler climates, favoring temperatures between 60 and 70 degrees Fahrenheit—too hot and the plant may bolt.

Even though cilantro is a cool-weather herb, it is frost-sensitive. Row coverings should be kept on hand to protect your plants if unexpectedly cool weather is forecast. Cilantro also struggles in high humidity and rainy areas.

Fertilizer: Cilantro does not normally require fertilizer to thrive but treating it monthly with an organic herb blend can't hurt. Also, feel free to incorporate nutrient-dense compost or other organic matter into your soil to aid plant growth, particularly during seeding.

Harvesting: This herb responds quickly to your efforts, often ready to harvest

its fresh leaves in less than a month. Once the plants attain a height of about 6 inches, harvest leaves, which normally occur three to four weeks after seeding.

Pinch back parts of the upper stem as needed to promote new growth and fuller plants. Take no more than a third of the leaves in one sitting. Allow the plant to blossom before harvesting seeds. Allow the resulting seed heads to dry on the plant. Then shake them vigorously into a paper bag to extract the seeds.

Cilantro leaves are finest when used fresh but may keep for a few days in the refrigerator. Also, stems and leaves can be frozen for future use. When seeds are completely dry, keep them in an airtight container in a cold, dry location.

Pests and Plant Diseases: Cilantro is generally resistant to pests and diseases. Too much moisture in the soil might result in rot. Also, many common insect pests, such as aphids and leafhoppers, can cause damage to the plants. If you notice any pests, use an insecticidal soap that is appropriate for edible plants.

CUMIN: Echinacea 'Firebird'

Propagation: Divide your plants in the spring if they appear to be losing vitality or are overcrowded in their container or location. Seeds, divisions of existing plants or root cuttings can all be used to propagate these plants.

Orange coneflower is a cultivar that resembles a wildflower and is used in meadow plantings. Due to its drought resistance, it is often utilized in rock gardens and xeriscaping.

The plant is prized as a prolific bloomer that pairs nicely with other sun-loving perennials. Its blazing color attracts hummingbirds and is also a magnet for butterflies and rabbits. Although it is deer resistant, it is a magnet for slugs, snails and cutworms. Bugs should be kept at bay with neem oil or organic insecticide soap.

Light: Coneflowers of all varieties thrive in full or partial light and are tolerant of heat. These plants require a minimum of five hours of sunshine per day.

Water: This plant is tolerant of drought. It requires only about an inch of water every week.

Soil: Coneflowers prefer fertile, well-drained soil. However, it is a tolerant plant that may survive in poor soil.

Temperature and Humidity: Most coneflowers, including the Firebird variation, are hardy in zones 3 to 8. This means they can be grown in most of the United States. They thrive in the summer's hot, dry weather and can tolerate mild humidity but despise moist, soggy soil.

Fertilizer: When planting, you can provide fertilizer or humus-rich compost but use sparingly. You can end up with lush foliage but fewer flowers as a result.

Pruning: Gardeners may deadhead flowers for aesthetic purposes; however, this practice does not stimulate reblooming (they will rebloom independently).

GINGER: Zingiberaceae

Propagation: While growing ginger from retail rhizomes is feasible, the effort may not be worth it if you prefer an aesthetic plant with blooms. Some ginger rhizomes sold for human consumption may be treated with a growth inhibitor to prevent sprouting.

If you come across a plump, fresh rhizome that appears to be alive, you can try sprouting it in a warm environment. If the rhizomes are alive, sprouts should appear in approximately two weeks. Most plants grown using rhizomes might take up to two years to flower and the blooms are not as beautiful as those seen on most ornamental species.

To reproduce an established plant, dig up the rhizome and cut it into 1- to 2-inch-long parts with multiple healthy growth buds on each segment. Allow for a day for the pieces to dry completely before planting them just below the surface in rich, well-drained soil. Water sparingly until top growth appears. Once established, increase watering and fertilizing frequency.

Light: Most ginger plants flourish under filtered light, such as that found in a jungle. Ginger plants grown in direct sunlight may develop browning around the leaf margins.

Soil: Ginger plants prefer organic, moist and well-draining soil, with a pH range of near-neutral to slightly acidic.

Water: During the growing season, water often; water less often in the fall and winter. Weekly heavy watering is preferable to everyday showers that are only a few minutes long. Provide roughly one inch of moisture every week to your ginger plant.

Temperature and Humidity: Tropical ginger plants are adapted to their native habitat's high humidity and moist, rich soil. If ginger plants that flower become too dry, they will cease to flower and become dormant. Ginger plants, like tropical plants, prefer temperatures greater than 50 degrees Fahrenheit.

Fertilizer: Ginger plants are big feeders and will benefit from a shovelful of manure during the summer heat every two weeks. Alternatively, every other month, you can apply a comprehensive flower fertilizer.

LAVENDER: Lavandula spp.

Propagation: The most effective method of propagating lavender plants is through softwood cuttings (the soft, flexible tips of shoots) or hardwood cuttings (segments of shoots with woody stems). In the spring, softwood cuttings are accessible; in the fall, hardwood cuttings are available. Both steps are quite straightforward—how: here's

Cut a three-inch piece of a healthy shoot from the plant with a sharp knife. Hardwood cuttings should be clipped just below a protrusion signaling a leaf node. Remove the lower two inches of the stem's leaves and scrape away the flesh on one side.

Fill a small pot halfway with a moistened seed-starting mix.

Inject rooting hormone into the stripped side of the cutting. It should be buried in the seed-starting mix.

Cover the pot with plastic wrap and place it in a warm location with plenty of filtered light. Softwood cuttings root in two to four weeks; hardwood cuttings take slightly longer.

Once the roots have established themselves, remove the plastic covering and reposition the pot in a sunny location.

Feed the plant once a week with a 25 percent strength liquid plant fertilizer.

After two or three weeks, the plant can be moved outdoors or into a larger pot filled with ordinary potting soil—commercial potting soil contains sufficient nutrients to sustain the plant without additional feeding.

Light: Lavender plants thrive in direct sunshine, which is the most effective technique to ensure a plentiful supply of buds and large, full bushes. They truly cannot tolerate much (if any) shade, so avoid planting them in beds or areas of your landscaping that trees or other large plants shade.

Soil: Lean soil promotes a higher concentration of oils (and pleasant aromas); therefore, be sparing with organic matter and fertilizer. Lavender plants need well-drained, slightly drier soil, so if using a typical potting mix, make sure to use some sand for drainage. An alkaline or very chalky soil will increase the aroma of your lavender, while a pH below roughly 6.5 will likely result in very short-lived lavender plants.

Water: Lavender is a hardy plant that is exceptionally drought-tolerant. Keep your lavender plants well-watered during their first growing season when they are first established. Following that, they can withstand prolonged droughts too

much water can result in fungal disease and root rot.

Temperature and Humidity: Lavender can tolerate a wide variety of temperatures and it is usually wetness more than the cold that kills lavender plants. Moisture might manifest itself in moist roots in the winter or high humidity in the summer. If you're concerned about humidity, leave plenty of space between your plants to allow airflow and always plant your bushes in a sunny spot.

Protect your lavender plants from severe winter winds by putting them alongside a stone or brick wall that will provide additional warmth and protection. Suppose you live in a location where the ground freezes and often thaws throughout the winter. In that case, your lavender plants will benefit from a layer of mulch put after the ground freezes initially to protect the roots.

Fertilizer: When planting lavender plants, it's a good idea to incorporate a handful of compost into the hole. Apart from that, feeding these plants is unnecessary and may potentially subtract from their total effectiveness.

Harvesting: Among the reasons lavender is so highly regarded is that its dried blossoms retain their aroma. Harvest the flowers once the buds begin to bloom for the finest drying results. Dry them in little bunches upside-down in a warm, well-ventilated area.

Apart from being visually appealing and pleasant, lavender blooms are also delicious. They can be eaten raw in salads, added to soups and stews for flavor, baked into cookies or steeped into a tea. Use carefully; a few drops of lavender essential oil go a long way.

MINT; Mentha spp.

Propagation: Mint can be planted outside in the spring when the danger of frost has passed. Spring showers will assist the mint.

Choosing a Site for Planting: When planting mint in the ground, pick a location where it can expand freely. Mint grows best in a moist, well-drained region with well-draining soil but thrives in full sun or partial shade. The plant prefers fertile, compost-enriched soil.

Spacing, Depth and Support: Outside, space cuttings or small purchased plants 18 to 2 feet apart. Two plants should be sufficient to cover a few feet of ground due to their fast growth. Mint has shallow roots, which means you won't need to dig too deep, just enough to gently lay the plant and distribute its roots.

With mint, your major maintenance chore may be to prune back the plant to

prevent its runners from spreading to undesirable locations. To further discourage spreading, surround the area where you plant mint with 18 to 24 inch deep edging.

Maintenance: Mint plants thrive in partial shade, though they grow in full sun with frequent watering. Even so, it's preferable to shield them from the midday light. Mint may also thrive in rather shaded settings; however, it may get leggy and produce fewer or less delicious leaves.

Soil: Mint is adaptable to various soil types, although it favors a rich, slightly acidic to neutral pH. Also, proper soil drainage is important. Mint plants prefer moist soil but soggy soil might cause their roots to decay.

Water: During dry spells, water your mint to keep the soil mildly damp. Mint thrives best when the soil is kept slightly damp but not saturated. If the soil feels dry about an inch below the surface, water your plant.

If the leaf of your mint begins to wilt, this is often a sign that the plant requires additional moisture. It is advisable to water your mint in the morning to ensure that it has adequate moisture once the day's heat arrives.

Temperature and Humidity: Temperature tolerance varies according to the species but mint plants are quite generally flexible. For instance, peppermint (Mentha piperita) is extremely cold hardy and can endure temperatures as low as 0 degrees Fahrenheit in USDA hardiness zone 3. Spearmint (Mentha spicata) thrives in heat and is hardy to zone 11.

Also, mint plants may struggle in areas of low humidity. If you're growing mint indoors, improve the humidity by spraying the plant between waterings or setting the pot on a water-filled pebble tray. This is especially important during the winter months when the air is dry.

Fertilizer: Also, feed it during the growing season (spring to fall) if your soil is deficient in nutrients. You probably won't need any additional fertilizer for your mint if you already have fertile garden soil.

Container plants and plants grown in nutrient-deficient soil benefit from a balanced, all-purpose fertilizer applied throughout the growing season, beginning in the spring when the plants emerge. Observe the directions on the label.

Pests and Plant Diseases: Mint is relatively resistant to pests and illnesses. However stressed plants are, common garden pests such as whiteflies, spider mites, aphids and mealybugs can cause problems.

Mint plants are occasionally susceptible to rust, which manifests itself as little

orange patches on the undersides of leaves. Utilize a fungicide and give plants time to dry between waterings.

ROSEMARY: Salvia rosmarinus

Propagation: Rosemary grows best in the spring when the weather has warmed and no frost is expected. Indoor containers can typically be started at any time of year. This plant requires a sunny location with well-drained soil.

Ascertain that no higher trees or bushes are too near to the rosemary to shadow it. Rosemary also thrives in pots, both indoors and out, as long as it receives adequate light.

Spacing, Depth and Support: Maintain a minimum spacing of 2 to 3 feet between rosemary shrubs. Seedlings and nursery plants should be planted at the same depth as they were in their prior container. When sowing, the seeds should be barely covered by dirt. Typically, this shrub does not require a support structure.

Rosemary prefers direct sunlight, which means at least six hours on most days. A south-facing window is excellent for indoor cultivation and grows lights are often required to supplement natural light. Bring indoor plants outside during the warmer months to expose them to natural sunshine. Inadequate light might result in slight, sluggish growth.

Soil: Rosemary grows best in well-drained sandy or loamy soil. It is intolerant to heavy clay and damp soils. A soil pH of slightly acidic to neutral is good.

Water: Once grown, rosemary bushes are drought tolerant and it is preferable to drown them rather than overwater them. Allow few inches of the topsoil to dry between waterings to maintain a consistent moisture level but not wet soil.

Temperature and Humidity: This plant prefers warm weather and a moderate level of humidity. While most rosemary types cannot withstand temperatures below 30 degrees, they have a high heat tolerance.

They prefer temperatures ranging between 55 to 80 degrees. Also, excessive humidity can result in rot and fungal problems, especially if there is insufficient air circulation around the plant.

Fertilizer: Rosemary is not a voracious eater. Composting the soil at the time of planting can assist in providing a good start for the shrub. Following that, using a balanced liquid fertilizer as directed on the label will promote quality growth.

Pollination: Rosemary self-pollinate and attract pollinators such as bees and butterflies to the yard. Bring indoor plants outside in warm weather when their

flowers are open to allow them to pollinate naturally.

Harvesting: Rosemary can be gathered at virtually any time of year, though it grows most vigorously in the spring and summer and just before the plant blooms, the leaves are at their most tasty and aromatic. To harvest, trim the 4- to 6-inch stem tips using pruners.

Cook with fresh rosemary sprigs or leaves as desired. Alternatively, hang the stems upside-down in a dry, cold, well-ventilated room for a couple of weeks to dry. Once the stems are completely dry, remove the leaves and store them in an airtight jar in the pantry.

Pests and Plant Diseases: High humidity and poor air circulation on rosemary plants can result in powdery mildew, a white, powdery fungus. Powdery mildew does not normally kill plants, although it does weaken them.

To avoid powdery mildew, keep the soil around the plant moist and provide a few feet of space around it for air circulation. Also, watch out for spider mites, aphids, particularly on indoor plants. As soon as you notice an infestation, use insecticidal soap to prevent it from spreading.

SUMMER SAVORY: Satureja hortensis

Propagation; Potting and Repotting: Indoors, summer savory thrives in window-box containers. This is the suggested strategy if you reside in an area that experiences brief periods of cold weather, even throughout the summer.

Rooted cuttings can be potted, providing a continuous supply of the herb throughout the winter. Select a container of six inches width and six inches depth with adequate drainage. Trimming the branches regularly will aid in the formation of healthy, bushy growth.

Light: Having originated from the Mediterranean, it shouldn't surprise that savory summer needs light conditions to thrive. Choosing a site with many direct full suns will be important. If you are using a container indoors, find a window with southern light.

Soil: Summer savory isn't extremely selective when it comes to soil type. Ideally, though, you want loamy, alkaline soil. It needs to be well-draining, as the plant doesn't perform well in damp soil.

Water: Summer savory benefits from regular watering, especially while you are establishing the plant. The soil should only be maintained moist, though, rather than soaked. Once it's firmly established, it won't be an issue if the soil is on the drier side, although daily watering when temps are high will still be useful.

Temperature and Humidity: Summer savory thrives at temperatures ranging from 60 to 85 degrees Fahrenheit. When spreading seeds outdoors in the spring, wait until the last frost has passed. Summer savory, which originated in the Eastern Mediterranean, thrives in warmer temperatures.

Fertilizer: Summer savory should thrive without fertilizer. If you must use some, a modest bit of all-purpose will suffice while the plant grows.

Pruning: Summer savory requires minimal pruning: harvest leaves when the plants are still tiny (4 to 6 inches tall) and pinch back the stems to just before the first leaf node to promote growth.

WHITE CLOVER: (Trifolium repens)

Propagation: You will discover that white clover requires very little care. Place it in an area with somewhat acidic soil and adequate drainage, add some shade, and avoid allowing the soil to dry up. This minimal maintenance should be sufficient to ensure the plant's survival.

However, due to the invasive nature of Trifolium repens, it may invade portions of your yard where you do not want it. Eliminating it will necessitate additional landscape maintenance. Therefore, use caution before planting white clover unless you do not mind it taking over. At the very least, keep it away from flower beds.

Light: White clover performs best in partial sun, it tolerates planting in full sun.

Soil: Trifolium repensis's primary soil requirement is adequate drainage.

Water: White clover thrives in consistently moist soil. It tolerates dry ground but spreads less rapidly.

This can be advantageous if you're worried about the plant spreading out of control.

Fertilizer: This extremely beneficial ground cover is a nitrogen fixer and hence does not require fertilization. This conserves your time, work and financial resources. Consider this truth if you are landscaping on a budget.

White clover is also a popular crop for vegetable garden overwintering. When sown in the fall and tilled under in the spring before vegetables are planted, Clover provides nitrogen to your food plants while crowding out some garden weeds.

Common Insects and Diseases: White clover is well-known for its resistance to pests and disease. This is among the reasons it is an attractive choice for many garden landscapes, provided you are ready to overlook its tendency to spread. It

is a significant source of food for honeybees.

YARROW: Achillea millefolium

Propagation: Yarrow is a very easy plant to grow from seed. When growing conditions are perfect, yarrow can spread fast and occasionally aggressively. Divide every two to three years, as necessary, to maintain the planting's health.

How to Start a Seedling of Common Yarrow: Plant yarrow seeds indoors around eight to ten weeks before the last forecast frost. Sow the seeds in the seed starting mix and place the plant in a bright, warm spot. Because yarrow requires sunshine to germinate, put the seeds on top of the mix rather than covering them with soil.

Firmly press seeds into the mixture. Germination is aided by bottom heat. The seeds will germinate within 10 to 14 days. After all threat of frost has gone, harden off seedlings outside before transferring them into the garden.

Light: Although yarrow likes direct sunlight, it may thrive in moderate shade. Without adequate sunlight, the plant's long, thin stems can become floppy and require staking.

Soil: The common yarrow prefers dry to medium, well-drained soils, such as sandy clays or sandy loams. It is tolerant of arid garden soils. Indeed, very nutrient-dense soils promote aggressive growth, therefore avoiding fertilizer.

Water: Once established, common yarrow is drought tolerant; however, if the garden receives less than an inch of rain in any given week, provide additional water to the plant.

Temperature and Humidity: Yarrow is tolerant of drought and hot, humid days.

Fertilizer: Yarrow is a low-maintenance plant. Aside-dressing with compost on an annual basis should suffice. A very nutrient-dense soil may promote the spread of the yarrow plant.

Pruning: Yarrow requires regular pruning. Deadheading will ensure that the flowers bloom nearly continuously. If grown in a hot, humid area, plant stems may begin to flop.

After blooming, cut back the plant stems to reduce the plant's height and avoid flopping. Yarrow has the potential to become invasive. Pruning/deadheading maintains control of the plant by avoiding self-seeding.

BOOK 7: HERBAL REMEDIES

Herbal Remedies to Cure Common Ailments

Arthritis

There are more than hindered kinds of arthritis, but the most common is osteoarthritis. Doctors estimate that about 16 million Americans have some form of osteoarthritis, which occurs when protective cartilage in the joints wears down, causing bone ends to grind against each other. Although injuries or certain diseases can also cause osteoarthritis, it often results from nothing more than a lifetime of bending, lifting, and reaching. Doctors often refer to it as “wear and tear” arthritis.

For the Native Americans, whose very survival depended on hard physical labor, arthritis could be a serious handicap. Not only does it produce pain and stiffness, but without treatment, it can cause the joints to become increasingly immobile. Native Americans were well aware of this risk, and they looked to nature for relief.

Try a sweat. Native Americans coped with arthritis flare-ups by spending time in the sweat lodge. You can achieve the same effect by stopping the bathroom door and running the shower as hot as it will go. Sit nearby for 15 or 20 minutes to allow the heat and steam to penetrate the skin and loosen muscles, ligaments, and tendons. This will allow joints to move with less pain and stiffness.

Loosen your joints with water. Taking a very long bath or shower is one of the quickest ways to relieve arthritis flare-ups. The Native Americans knew this as well, which is why they regularly resigned to a perspiration stop or underground aquifer when their joints were misbehaving. Exploration has shown that clammy warmth expands course to difficult regions. This permits the blood to get additional mending supplements and remove torment causing poisons. Simultaneously, soggy warmth might urge the body to deliver normally happening synthetics called endorphins, called "regular morphine" due to their pain relieving properties

Ease the pain with willow. Willow bark have a compound called silicon, which is the same as the dynamic fixing in ibuprofen. When fermented as a tea, willow contains as much dynamic painkiller as some advanced analgesics. Combining a teaspoonful of dried licorice root to the tea will make it somewhat simpler for the stomach to endure. As indicated by natural position James A. Duke, Ph.D., creator of The Green Pharmacy, different teas that can soothe joint pain incorporate dark cohosh, poplar, and yarrow.

Counteract the pain with nettle. Researchers have tracked down that a method called "urtication," or intentionally bothering the skin, can make joint inflammation torment less extreme. The little stingers infuse modest quantities of mitigating intensifies when you delicately hit sensitive areas with a part of stinging bramble. The thought isn't to harm the skin, however you feel a slight disturbance to strike it adequately hard. This might be everything necessary to diminish the joint inflammation erupt. Annoy can likewise be eaten as a joint inflammation cure, as indicated by Dr. Duke. It contains therapeutic measures of the mineral boron, which has been displayed to facilitate joint inflammation. Cooking weed relax the "stingers," however you'll need to wear gloves while setting it up.

Bad Breath

When historian John Lawson wrote in 1714 that the Native Americans, he met around North Carolina were “among the sweetest people in the world,” he wasn’t just talking about their dispositions. Along with many other observers of the time, Lawson noticed that, compared to Europeans, the Native Americans were downright fragrant. Not only did they take frequent baths, but their healthful diets, combined with good dental hygiene, kept their breath fresh as well.

Bad breath is mostly due to bacteria that accumulate on the teeth, tongue, and gums. The Native Americans frequently used herbs that helped control bacteria and also had sweet, fresh-smelling flavors. According to herbal authority James A. Duke, Ph.D., some of these remedies worked better than the store-bought products we use today.

Chew on fennel or cardamom. The seeds of both herbs are pleasantly fragrant and naturally freshen the breath. In addition, they contain a bacteria-killing compound called cineole, which helps prevent smelly bacteria from accumulating. Chew the seeds thoroughly, swallow them, or spit out the shells once the flavor has been exhausted.

Eat some parsley. This fresh, grassy-tasting herb is a great source of chlorophyll, the same ingredient used in many breath mints, says Dr. Duke.

Gargle with peppermint or sage. Both of these sweet-smelling herbs have antibacterial properties. The leaves are a little too strong to eat, but they’re great for making tea for gargling. You can gargle with the tea just as you would with a store-bought mouthwash or as an antiseptic by applying the tea directly to the burn.

Colds

It’s unknown how often the Native Americans suffered from colds, but in today’s congested world, where we exchange sneezes as often as handshakes, the yearly average for adults is two to three colds a year. Children are much more vulnerable, averaging nine colds a year. Scientists have been looking for cures for the common cold for hundreds of years. So far, however, they’ve been unsuccessful, so it’s worth taking a lesson from the Native Americans. They couldn’t cure colds either, but they did have several remedies to shorten a cold’s duration and help the body recover more quickly.

Build immunity with echinacea. This herb was impressing Native Americans long before it began impressing scientists with laboratory findings. Research has shown that echinacea makes the immune system work more efficiently against cold viruses and a variety of other germs. It’s most effective when taken as soon as cold symptoms begin, and may be used for as long as two weeks afterward. Native Americans usually just chewed the roots of the echinacea plant, but the herb is just as effective as a tea, and most of all as a tincture. You can brew your tea or try a commercially prepared echinacea tincture, using half a teaspoonful in a cup of water. Don’t be concerned if you notice a bit of tongue-tingling after drinking echinacea. That just means it’s working.

Get comfortable with ginger. A favorite among Native Americans, ginger tea, has been found to consist of compounds that can help “neutralize” cold-causing viruses and reduce pain and fever.

Relieve congestion with licorice. Known among Native Americans as an expectorant for clearing the lungs, licorice tea helps reduce the congestion that accompanies colds. Research has shown that licorice also increases a specialized component in the immune system, called interferon, which helps fight viruses.

Strengthen the spleen with goldenseal. This herb was a Native American mainstay. Goldenseal tea has been found to help the spleen, the organ that produces virus-fighting white blood cells, work more productively.

Stop viruses with garlic. This aromatic herb contains a compound called allicin that has been shown to help block cold viruses. Another advantage of garlic is that its active ingredients travel directly to infected tissue in the lungs and respiratory tract when we breath, which puts the medicine right where it’s needed, says herbal expert James A. Duke, Ph.D.

Garlic is most important when it’s eaten raw. A clove or two a day will go a long

way toward keeping you healthy—or you can make a garlic tea by mashing several cloves of garlic and letting them steep in a cup of water for six to eight hours.

Lower fever with willow bark. Because willow tea contains active ingredients similar to those in aspirin, it can reduce fever and aches and pains. However, do not give willow to children as the aspirin-like compounds may increase the risk of a potentially serious neurological disorder called Reye’s syndrome.

Coughs

Simultaneously, many cough drops contained licorice, an herb that soothes the throat and helps act as a cough suppressant. Native Americans were fully aware of the powers of licorice. They often chewed the root, although in some cases they made licorice teas.

Other herbal teas that help relieve coughs include mullein, stinging nettle, magnolia, sassafras, honeysuckle, red clover, and the bark from trees balsam, pine, wild cherry, and birch. You need to boil the bark for 15 minutes to release the active ingredients when making bark tea.

Although teas are effective, a more soothing strategy is to make an herbal syrup, which lingers longer on irritated tissues in the throat. Herbalist Ana Nez Hatherley recommends the following recipes.

Red Clover Cough Syrup

INGREDIENTS

1 ounce fresh (or one-half ounce dried) red clover flowers 1 cup hot water

2 cups sugar

PROCEDURE

1. Place the components in a saucepan and bring to a boil.
2. Reduce the heat, simmer for 10 to 15 minutes, then strain the liquid and put it into a glass pot with a strong lifted lid.
3. Cap immediately and store in a cool, dark place or the refrigerator. Take one teaspoonful as needed.

Mullein-Honeysuckle Cough Syrup

INGREDIENTS

1 tablespoon fresh (or 1 teaspoon dried) honeysuckle flowers

1 tablespoon fresh (or 1 teaspoon dried) mullein leaves

2 cups honey

PROCEDURE

1. Place the components in a saucepan and put to a boil. Reduce the heat and simmer for 20 minutes. Strain the liver and put it into a jar with a tight- fitting lid.

2. Store the syrup in a cool, dark place or the refrigerator. Take one teaspoonful as needed.

Depression

Historians tell us that Native Americans were generally a high-spirited people, uplifted by their faith in the benevolence of Mother Earth and all her creations, plants and animals alike. This is the same resilient spirit that Native American psychotherapist Robert Black wolf Jones tries to instill in his patients when they're feeling down. "Look at Mother Earth," he tells them. "All her birds sing. All her trees sway. All her waters splash. She lives with the strong heartbeat of life."

We should all strive to live so joyously, but when it's simply not possible, we can also look to Mother Earth for help. Some types of depression are too serious to treat on your own. It's important to talk with a counselor or physician if you are experiencing sadness, changes in eating or sleeping habits, or suicidal thoughts. However, depression isn't this serious most of the time, and a mild case of "the blues" can be lifted with nature's help. The Native Americans believed that keeping their bodies in peak condition would naturally brighten the emotions as well. With a combination of regular exercise, good nutrition, and the occasional use of mood-elevating herbs, they were able to keep their spirits high even when life brought them low. Many herbs can affect mood, but here are the most common and well-studied.

Licorice root. St. John's wort has been getting much attention lately as being "nature's Prozac." Still, licorice, which Native Americans commonly used, is thought by many herbalists to be just as important. "No plant has more anti-depressant compounds than licorice," according to herbal authority James A. Duke, Ph.D. "At least eight licorice compounds are monoamine oxidase inhibitors, which are compounds capable of potent anti-depressant action." To get the benefits of licorice, drink up to three cups of licorice tea a day, brewed fresh or made by adding licorice tincture to a cup of hot water.

Caution: Licorice can have a toxic effect when taken for an extended period, so you should consider it a short-term remedy only—especially if you have high blood pressure or heart problems.

Purslane. "A whopping 16 percent of this herb consists of ant depressive nutrients when measured on a dry-weight basis," says Dr. Duke. Purslane contains magnesium, potassium, calcium, folate, and lithium, all of which have

anti-depressant effects. The best way to use purslane is as a salad green.

Oats. According to herbalist David Winston, oats are rich in the "nerve-fortifying" nutrients calcium, magnesium, and B vitamins. Oats, he says, can "soothe the frayed feeling of burning the candle at both ends." If you don't care for oatmeal, you can make an oat tea.

Scented herbs. Native Americans used rosemary and sweet clover because they believed their pleasant aromas could help raise the spirits. Herbalists recommend hanging small bundles of these sweet-smelling aromatics around the house or in your office.

Fever

A fever is regularly one of the primary signs that you're becoming ill. It's anything but a charming inclination, which is the reason a great many people do all that could be within reach to bring down fevers as fast as could be expected. Getting your temperature down to 98.6 degrees will help you to have an improved outlook immediately. Be that as it may, sentiments can be misleading. Bringing down it is about the most noticeably awful thing you can do when you're debilitated and have a gentle fever.

Microorganisms and infections can just make due at specific temperatures. The fever you get when you're debilitated isn't important for the ailment; it's essential for your body's protection. "By warming itself, the body dials back the development of attacking living beings," clarifies John C. Thunders, M.D., of the Department of Family Medicine at Baylor College of Medicine in Houston. Local Americans comprehended the significance of fever. Not exclusively did they frequently let fevers run their course, once in a while they made things more sultry by sending hot individuals into sweat lodges. As it were, the perspiration hold up was just a room-sized "fever."

Specialists today are probably not going to send patients with fevers into steam rooms. It isn't so much that they can't help contradicting the standard. It's simply that the vast majority wouldn't do it. In this way, a trade off has been reached. Specialists ordinarily suggest allowing a fever to run its course as long as it's under 103 degrees. Higher temperatures or any fever that keeps going longer than 48 hours should be checked by a specialist. Be that as it may, to beat gentle diseases and low fevers, it merits understanding Native Americans. They utilized diaphoretic spices that raised the internal heat sufficiently to give the invulnerable framework a lift. As per botanist David Hoffmann, these spices help "the body's own intrinsic recuperative forces."

Spices suggested for fever incorporate cayenne, ginger, sage, peppermint, boneset, goldenseal, milkweed, bounces, rose, honeysuckle, and yarrow. These spices are best taken as teas, filling the twofold need of keeping the body hydrated while cleaning out the microbes they kill. Add a teaspoon of dried spice (two teaspoons assuming new) to some boiling water. Permit excessively steep for 15 minutes, strain, a dab drink up to three cups every day. Local Americans utilized willow bark to bring down a fever, which contains silicon, a fever-decreasing compound like the dynamic fixing in ibuprofen. Simply steep a teaspoon or thereabouts in some bubbling water for 15 minutes, strain, and drink

on a case by case basis.

Caution: Because willow bark contains compounds similar to those in aspirin, don’t give it to children, as it may rise the risk of a potentially serious neurological disorder called Reye’s syndrome.

Flatulence

Intestinal gas has been around a lot longer than the bean burrito. It probably started about when humans started eating carbohydrates, which is to say, with their first meal. Gas usually results from the fermentation in the small intestine of two particular carbohydrates, raffinose and stachyose. The body doesn't have the digestive enzymes to break them down, so they linger in the intestine, fermenting and producing gas.

Some of the most healthful foods, unfortunately, contain these carbohydrates. Beans head the list, but cabbage, broccoli, brussels sprouts, onions, cauliflower, whole wheat flour, and bananas are close behind. Normal flatulence isn't a medical problem. (In some cases, gas is a symptom of other conditions, so you should see your doctor if you're also having serious abdominal pain or pain that lasts longer than three days.) The average adult has been estimated to pass gas between 8 and 20 times an hour, so it's hardly unusual.

However, it can be uncomfortable, as well as embarrassing. Native Americans dealt with painful episodes in several ways: by massaging the abdomen, ingesting the powdered ashes of the fir tree, and taking what are known as carminatives—herbs that relax the muscles of the digestive tract and help gas escape. The best Native American herbs for relieving gas pains are fennel, peppermint, sage, licorice, goldenseal, wormwood, dandelion, and yarrow. You can use any of these herbs as a tea, taken up to three times a day.

Gum Disease

Doctors estimate that more than one third of Americans will develop gum disease by the time they're 20 years old, and more than half will have it by age 50. Gum disease occurs when bacteria in the mouth colonize a thin, invisible film called plaque that gathers on the teeth' surfaces. You can't see plaque or the bacteria it contains, but you'll see the signs in the form of red, irritated gums or bad breath that never seems to sweeten.

Gum illness, which is called gingivitis in its milder forms and pyorrhea when severe, can weaken the teeth and are the reason for bad breath, says Robert Scallion, D.D.S., former president of the American Academy of Periodontology.

Untreated, it's a serious problem, but it never has to go that far. It's among the easiest conditions to treat yourself, and Native American remedies are among the best. The proof is that Native Americans rarely got gum disease. In part, this is because they ate a lot of tooth-and gum-scrubbing raw vegetables, which acted like little toothbrushes every time they ate. In addition, they used herbs that they knew would keep their mouths healthy.

Put bloodroot to work. A potent herb called bloodroot is among the best herbs for dental health, says herbal expert James A. Duke, Ph.D. It's somewhat scarce today, but one of its active ingredients, an antibacterial compound called sanguinarine, is not. It's used in many toothpastes and mouthwashes and has been shown to help reduce plaque in as few as eight days.

Chew some protection. Native Americans didn't have Waterparks, but they did have herbal "toothbrushes." One way they kept their teeth clean was by chewing on raw licorice roots. Not only is the root slightly abrasive, it also contains large amounts of an antibacterial compound called glycyrrhizin. Drinking or rinsing your mouth with licorice tea can also be effective, says Dr. Duke.

Other good gums and teeth teams include peppermint, stinging nettle, echinacea, watercress, and sage, all of which have antibacterial properties, says Dr. Duke.

Get the right nutrients. Because Native Americans lived close to nature, they always ate many vegetables, grains, and other healthful foods. It's a good thing they did, because research suggests that certain nutritional deficiencies, especially deficiencies of vitamin C and magnesium, may result in gum problems.

To get healthful amounts of these nutrients, Dr. Duke recommends making a

brew of dandelion, purslane, and stinging nettle.

Headaches

Some Native American solutions for cerebral pains sound more fit to causing than restoring one. A few clans, for instance, trusted in relieving cerebral pains by holding heaps of skunk cabbage against the head. Others utilized poultices made of squashed pine needles, and a pain relieving rub was produced using petrol oil, basically a similar goo you feed your vehicle. Local Americans, similar to a huge number of individuals today, were frantic for help. Luckily, there were better alternatives accessible, a significant number of which are as yet being used. Here is the best.

Relieve the pain with heat. About 90% of headaches belong to a group called tension headaches. This doesn't mean they're brought about by stress, even though pressure might be involved. Pressure migraines disease are because of tense muscles in the shoulders and neck. The most ideal approach to alleviate this kind of cerebral pain is to loosen up the muscles, and warmth applications do exactly that. Local Americans thrived in sweat lodges when they required a portion of warm, clammy warmth. Today, you can accomplish the logical impact by holding a boiling water bottle or a hot, wet towel against the tight muscles—or you can run a hot shower or shower and let the water work straightforwardly where it harms.

Put your mind at ease. Examination has shown that enthusiastic pressure and strain are answerable for many cerebral pains, pressure cerebral pains, and headaches. On the off chance that you now and again get cerebral pains, it merits doing everything you can to disperse a portion of the pressure in your life. "What assists with keeping them much in wellbeing is the congruity that wins among them," thought of one seventeenth century eyewitness of the Native Americans.

Take an herbal cure. The Native Americans had a cornucopia of natural solutions for treating migraines. A few spices halted the actual aggravation, while others diminished enthusiastic pressure and strain. Natural teas suggested for facilitating torment incorporate willow, peppermint, goldenrod, violet, rose, lavender, and sage. Vervain tea is a gentle narcotic and can assist with calming migraines brought about by stress.

Stop migraines with feverfew. This spice wasn't normally utilized among Native Americans, yet it's gotten colossal consideration from researchers, who trust it can stop headaches just as certain drugs do. As indicated by natural power James A. Duke, Ph.D., "Feverfew works for around 66% of the people who use it reliably." The editors of The Harvard-Medical-School-Health-Letter

report correspondingly uplifting results. "Certain individuals for whom customary medicines for headache have not worked have gone to feverfew with great outcomes," they compose.

You can bite feverfew leaves or use them to make a tea. A more helpful approach to take feverfew is to utilize supplements, accessible in wellbeing food stores. Try not to take feverfew if you're pregnant because it can build the danger of premature delivery.

High Blood Pressure

High blood pressure is also called as a “silent killer.” That’s because there are few symptoms, no pain, and you can have it for years unaware. But all the while, it’s damaging blood vessels and possibly the heart. That’s why it’s worth doing everything you can to keep blood pressure at healthful levels.

Medical historians believe that high blood pressure was rare among Native Americans. They did virtually everything that doctors today recommend to their patients. They kept lean and were physically active. They ate plenty of fresh fruits and vegetables and almost no salt—and, they were at peace with themselves and their environment. As a bonus, many of the herbs they used all the time, such as black cohosh, garlic, onions, ginseng, plantain, purslane, saw palmetto, corn, honeysuckle, hawthorn, and yarrow, are now known to lower blood pressure. When blood pressure is low, the risk for heart disease and stroke is lowered, too. High blood pressure is always serious, so you’ll need to check with your doctor before treating yourself with herbs. If you get the green light, and in most cases you will, you can try any of these herbs. Some, like garlic, onions, purslane, and corn, are tasty foods that you can simply eat more of. Others you may want to take in supplement form—or you can brew herbal teas, drinking one to three cups a day. You may see measurable results in as little as a few months.

Also keep in mind the Native American low-pressure lifestyle. Current research has shown that lifestyle factors play an enormous role in causing, or reversing, high blood pressure. Among the most vital components you can do is keep your weight in a healthy range, stay physically active, restrict the amount of salt in your diet, and discover how to control emotional stress. It sounds like a rigorous program, but only because we’re not used to thinking this way. For the Native Americans, who lived naturally and simply, it was very easy indeed. “Free yourself,” advises Robert Black wolf Jones, a Native American psychotherapist.

“Find the courage to be yourself, not a clone, not an expectation, not a programmed robot. A deer in the woods does not stare at the bear and wish it were a bear. It is fully content being itself.”

Hangover

Everyone knows what a hangover is, even if they have never experienced one firsthand. Excessive alcohol intake dehydrates the body, which is why those suffering from a hangover have a dry mouth and are thirsty. Too high amount alcohol can cause blood sugar levels to rise and fall significantly, which can cause headaches, irritability, tremors and dizziness, and general malaise. Alcohol depletes the body of certain nutrients and can cause fat to build up in the liver. It also causes the stomach to excrete too much acid, leading to heartburn, nausea, and vomiting. No wonder a hangover feels so awful.

Relevant tissue states: heat (inflammation), dryness (dehydration), laxity (barrier compromise)

Relevant herbal actions: anodyne, antiemetic, anti-inflammatory, relaxant

Herbal Allies

- Barberry
- Bayberry
- Betony leaf and flower
- Catnip
- Chaparral
- Chamomile flower
- Ginger
- Goldenseal
- Linden leaf and flower
- Licorice root
- Marshmallow
- Milk thistle seed
- Oregon Grape
- Plantain leaf
- Peppermint
- Self-heal leaf and flower
- St. John’s wort leaf and flower

The number-one hangover preventive and simplest remedy is milk thistle capsules. Milk thistle is one of the little herbs that are very effective in capsule form, and almost all commercially available brands are good quality. The best strategy is to take 2 capsules with a big glass of water before you start drinking,

another 2 before bed, and 2 more in the morning. Sometimes this will prevent you from getting a hangover at all!

Take-it-easy next day infusion

Makes about 3¼ cups dried herb mix (enough for 20 to 28 quarts of tea)

This delicate tea quiets the most well-known headache manifestations and assists with rehydration for sure. Best to stir it up before the enormous party, so it'll be prepared when you need it. Drink a quart or more, gradually, throughout the day.

INGREDIENTS

- ½ cup dried betony leaf and flower
- ½ cup dried plantain leaf
- ½ cup dried calendula flower
- ½ cup dried chamomile flower
- ⅓ cup dried linden leaf and flower
- ⅓ cup dried marshmallow leaf
- ⅓ cup dried self-heal leaf and flower
- 1 tablespoon dried licorice root
- 1 tablespoon dried ginger
- ¼ cup of dried St. John's wort leaves and flowers

PROCEDURE

1. In a medium pot, mix all the herbs. Store in a closed container.

2. Perform hot injection: prepare a pot of boiling water. Measure 2-3 tablespoons of herbs per quart of water and put them in a mason jar or French press. Pour in boiling water, cover the pot and soak for 20 minutes, or until cooled.

TIP: Omit the St. John’s wort if you are concurrently taking pharmaceuticals.

No-fuss hangover tea

INGREDIENTS

1 teaspoon ripe barberry berries

1 teaspoon Oregon grape root

2 cups boiling water

PROCEDURE

1. Combine the herbs in a nonmetallic container and cover with the boiling water; steep for 30 minutes; cool and strain.

2. Take up to one cup a day, diluted in plenty of cool water.

Quick-acting hangover tea

INGREDIENTS

- 1 teaspoon bayberry root
- 1 teaspoon dried goldenseal root
- 1 teaspoon Oregon grape root
- 2 cups boiling water

PROCEDURE

1. Combine the herbs in a nonmetallic container and cover with the boiling water; steep for 30 minutes; strain.
2. Place a teaspoon of the mixture in an 8-ounce glass of water.
3. Drink several glasses throughout the day.

Spicy stop-hangover tea

INGREDIENTS

- 1 teaspoon catnip leaves
- 1 teaspoon peppermint leaves
- 1 teaspoon dried chaparral leaves
- 2 cups boiling water

PROCEDURE

1. Combine the herbs in a nonmetallic container and cover with the boiling water; steep for 20 to 30 minutes; strain.
2. Drink half a cup at a time, up to two cups a day.

Hypertension

The list of cardiovascular diseases is almost endless, with just a few cases like heart disease, stroke, hypertension, and atherosclerosis. These and other cardiovascular diseases are the country's leading cause of death, killing nearly one million Americans each year.

As we become older, our body's ability to maintain the proper balance between blood clotting and blood liquefaction begins to experience problems. If you want to prevent bleeding death, you need to thicken the blood, but you need to let the blood flow openly and pass through the body's blood vessels. As you get older, your blood becomes "sticky" and your blood flow slows down. You can prepare

for blood clots, arterial blockages, strokes, and heart attacks when this happens.
Relevant tissue states: heat, tension
Relevant herbal actions: hypotensive, nervine, relaxant, sedative

Herbal Allies

- Black Cohosh
- Black Currant
- Burdock
- Cayenne
- Dandelion
- Garlic
- Ginger
- Gingko Biloba
- Ginseng
- Goldenseal
- Gout Kola
- Kelp
- Linden leaf and flower
- Marshmallow
- Raspberry
- Rose
- Slippery Elm
- Yarrow leaf and flower

Incidental hypertension is typical—it's a piece of the normal reaction to unpleasant circumstances. Over the long haul, however, hypertension can cause or deteriorate other cardiovascular issues. Spices offer a decent set-up of activities to lessen hypertension, regularly by tending to underlying drivers instead of simply acting apparently.

Hypertension mustn't be terrible in every case: New data shows that hypertension that creates in the senior years might decrease the danger of dementia.

Softhearted tea

Makes 2 cups dried spice blend (enough for 12 to 16 quarts of tea)

Diminishing pressure has a major effect, so spices that can loosen up the brain

while mitigating the actual heart are great. For those with exceptionally dry constitutions, set up this as a cool imbuement all things being equal. Drink a quart or all the more consistently.

INGREDIENTS

- 1 cup dried linden leaf and flower
- ½ cup dried marshmallow leaf
- ½ cup dried rose petals

PROCEDURE

1. Mix all the herbs in a little pot. Store in a closed container.

2. Perform hot injection: prepare a pot of boiling water. Measure 2-3 tablespoons of herbs per quart of water and put them in a mason jar or French press. Pour in boiling water, cover the pot and soak for 20 minutes, or until cooled.

Free-flowing circulation tea

INGREDIENTS

- 1 teaspoon burdock root
- 1 teaspoon goldenseal root
- 1 teaspoon cayenne
- 2 teaspoons slippery elm bark
- 2 slices ginger root
- 3 cups boiling water

PROCEDURE

1. Combine the above herbs in a nonmetallic container, and pour the boiling water over them. Steep for 30 minutes, cool, and strain.

2. Take up to one cup a day, two tablespoons at a time.

Anti-congestive tea

INGREDIENTS

- 2 teaspoons black cohosh root
- 4 teaspoons ginkgo biloba leaves
- 2 cups boiling water

PROCEDURE

Combine the above herbs in a nonmetallic container, and pour the boiling water over them. Soak for 30 minutes, cool, and strain. Take two to three tablespoons

at a time, up to six times a day.

Arteriosclerosis preventive tea

INGREDIENTS

- 2 to 3 ginger slices
- 2 teaspoons Ginkgo biloba leaves
- 1 teaspoon ginseng leaves
- 2 cups boiling water

PROCEDURE

1. Combine the herbs in a nonmetallic container and cover with the boiling water.
2. Steep for 30 minutes, cool, and strain, take up to half a cup per day.

Insect Bites

For us, insects are an occasional nuisance, but for the Native Americans they were a way of life. Living face-to-face with nature, often sleeping with nothing but pine needles beneath them and the stars above, they undoubtedly were viewed as “dinner” by more than a few hungry members of the insect world.

They didn’t have commercial repellents like we do, but they did discover ways to make themselves a little less desirable to hungry insects.

Repel them with herbs. One-way Native Americans avoided close encounters of the biting kind was to cover themselves with bear oil. A more attractive remedy today is pennyroyal, a member of the mint family. You can crush pennyroyal leaves and rub the juice on exposed skin. Hanging dried pennyroyal plants in your home can also repel insects.

Soothe the sting. To ease the discomfort of insect bites and stings, Native

Americans would apply a poultice made from mullein, plantain, echinacea, onion, and garlic. For serious bites, they would suck the affected area to remove as much venom as possible, then apply a soothing herb.

These remedies may sound primitive, but there’s good evidence that they worked, says James Duke. He has found, for example, that rubbing your skin and clothes with any member of the mint family makes a very effective repellent. If you do get bitten or stung, go ahead and use a poultice made with any of the herbs the Native Americans used. Poultices can help reduce pain and swelling. They’re most effective when used right after the bite or sting occurs.

Itchy Skin

The Native Americans had a lot of experience with itching. They lived in a wild environment, filled with insects, harsh weather, and allergy-causing pollens.

They didn't have antihistamines or calamine lotion, so they had to find their ways of getting relief.

Try an herb soother. Perhaps the quickest way to stop itching is to brew an herbal wash, using witch hazel, goldenseal, licorice root, echinacea, comfrey, or chamomile, and apply it directly to the skin or as a wet compress.

Calm the skin with oats. Native Americans didn't have the luxury of bathtubs. If they had, you can be sure they would have tried what many herbalists recommend today: taking an herbal bath by adding a couple handfuls of breakfast oatmeal to the bathwater. A neater alternative is to wrap oatmeal in cheesecloth or tie it in an old cut-off stocking and drop it into the tub.

Cleanse the system. External factors don't always cause itching. Situations such as eczema and psoriasis can create almost unbearable itching. (For more on these conditions, see page 182-183.) To give yourself an "internal" scratch, you may want to try a tea made from Native American herbs such as echinacea, dandelion, yellow dock, stinging nettle, licorice root, burdock, or red clover. These herbs help cleanse the blood of bacteria and toxins that may contribute to these conditions, says herbal authority Daniel Mowry, Ph.D.

Care for your skin. Dry skin often causes itching, so it's essential to keep it moisturized, especially in winter when the air is dry, says Hillard Pearlstein, M.D., a dermatologist at Mount Sinai School of Medicine in New York. Native Americans took care of this by rubbing their skin with bear or mountain lion oil. Today, there are less gamey options, and any commercial moisturizer will work well. It's best to apply moisturizers right after bathing to help lock in the moisture, he notes.

Menstrual Pain

Each month, a woman's uterus builds up a lining nature's way of "preparing the soil" should a pregnancy occur the following month. During menstruation, the uterus contracts to shed that uterine lining. For many women, the accompanying cramps are bothersome, but not especially painful. However, for others, especially young women, cramping can be severe.

Painful menstruation was occasionally treated by holding a hot compress to the abdomen, much as women use hot water bottles today. The main remedies, however, were herbal teas. "Everything from first menstruation to menopause was treated herb ally, and there are many plants that do a great job in this area," says herbalist Douglas Shar, author of Backyard Medicine Chest. Foremost among the herbal remedies was black haw. It effectively relieved menstrual cramps that colonial physicians sometimes used to reduce the muscular contractions associated with miscarriage. An herb called squaw vine, which was sometimes combined with raspberry leaves, was also effective.

Nausea And Vomiting

No matter how unpleasant vomiting is, vomiting is a protective mechanism that allows the body to eliminate any factors that cause disease. This is why doctors often say that the best treatment for nausea is to let it last.

However, this is not always the case. Certain nausea, such as nausea caused by pregnancy or motion sickness, are of no use, and vomiting will not continue after the stomach is empty. These nausea attacks should always be stopped. Native Americans do not have airplanes or cars, so motion sickness is unlikely to be a problem. However, they are equally vulnerable to other types of nausea, so they have developed many useful remedies.

Use ginger to relieve nausea. According to herbalist Dr. Daniel B. Mowry, ginger tea can prevent nausea better than modern over-the-counter medicines. He said that if you plan to travel, it is best to take ginger before departure. Compared with preventing nausea attacks, it can prevent nausea more effectively. You can also use ginger tea to decrease nausea during pregnancy or when you have a cold. The ginger supplements available in health food stores are also very effective.

Sooth your stomach with mint. Usually served as a tea, this herb is known for reducing stomach cramps that can cause nausea. If you are pregnant, do not drink a few more glasses, because large amounts of mint will increase the risk of miscarriage.

Browse the herbal menu. Native Americans used many different herbs to relieve nausea. Herbal tea that is not suitable for one person may work well for another, so it is best to keep the choice. You may like to try herbs containing licorice, chamomile, black horehound, blackberry leaves, lemon balm, and fennel.

Prostate Enlargement

Every man has a prostate gland, and by the age of 50 half have an enlarged prostate gland. The prostate gland is responsible for supplying the fluid that makes up semen. It's shaped like a doughnut and it wraps around the urethra (the tube that carries urine) near the base of the bladder. When the prostate gland swells, a condition called prostatic hypertrophy, it may begin pushing inward against the urethra, making urination slow or difficult. It some cases, it swells outward and presses against the large intestine, interfering with the passage of stools. Doctors sometimes use drugs to reverse the swelling, but they aren't ideal because they can have sex-inhibiting side effects. Fortunately, there are other alternatives. Problems with the prostate gland weren't unheard of among Native Americans, and they developed several remedies that are still in use today. One of these remedies may offer a bonus by providing a sexual lift.

Saw palmetto. The Seminole tribe in the Southeast first discovered this small palm tree, and they nibbled the seeds as a food. It wasn't long before they noticed that it was helping older men with prostate problems as well.

"Its benefits include increased urinary flow, reduced residual urine, and decreased frequency of urination," says Purdue University Professor of Pharmacognosy, Varro Tyler, Ph.D. In a German study of over 2,000 men, researchers found that a daily quantity of 1 to 2 grams of saw palmetto seeds (the equivalent of about 320 milligrams of saw palmetto extract) produced substantial improvement. Saw palmetto appears to reverse prostatic swelling by preventing the male hormone testosterone from being converted into a compound called dihydrotestosterone, which is thought to be responsible for prostate growth. Because of saw palmetto's reputation for increasing sex drive, it's among the most popular herbal aphrodisiacs being sold today. Most people take saw palmetto in supplement form.

Pumpkin seeds, licorice root, and stinging nettle. Each of these herbs, which Native Americans widely used, has captured the attention of researchers for its potential prostate-shrinking powers. They are believed to work by preventing testosterone from making a prostate-enlarging conversion to dihydrotestosterone with saw palmetto.

Pumpkin seeds can be roasted and eaten whole. Licorice root and stinging nettle are usually taken as teas.

Prostate enlargement can be a serious problem, not only in its own right, but because some of its symptoms may be similar to those caused by prostate cancer.

To rule that out, it’s important to call a doctor at the first sign of symptoms, the most common being frequent or difficult urination.

Skin Conditions

In addition to their physical prowess, the Native Americans were known for their smooth, clear complexions. Given the harshness of their environment, their fresh appearance was even more amazing. According to one historian, Native Americans had great skin because they anointed their bodies with fish oil and the fat of eagles and raccoons. Another observer credits their clear complexions to lotions made with bear oil and a variety of herbs.

There's no question that Native Americans treated their skin with ingredients we'd find less than appealing today. But they did more than smear on bear or eagle fat. They took great pride in their appearance and used various techniques to keep their skin fresh and young-looking and treat mild skin problems. People with eczema, for example, would use the fresh, top leaves of a yarrow plant as a skin rub and as a remedy for rashes. Some tribes are reported to have mixed egg whites with charcoal from the wood of the birch tree. According to an 18th century doctor impressed by this concoction's success, it was a "gallant remedy for cuts, wounds and scurfy sores upon the shins."

Cuts & Abrasions

Native Americans lived a rough, rugged lifestyle, and skin injuries were common. Fortunately, so were the remedies for treating them.

Native Americans from northern tribes applied the antiseptic resins of the balsam tree for minor cuts and abrasions. Tribes farther south used antiseptics made by boiling the barks of birch and hemlock trees. Yet another popular remedy was the sap of the red elm. According to one European observer, it was good for “taking away scruff, pimples, spots and freckles from the face.”

Although some of the remedies were quite intricate and required considerable preparation, you can obtain similar results with an antiseptic wash, which will prevent infection and help superficial wounds heal more quickly. To make the wash, add a teaspoonful of dried herb (echinacea, goldenseal, and witch hazel are good choices) to a cup of boiling water. Let it steep for 15 minutes, then strain and apply the liquid to the wound, either directly or by soaking a piece of cloth or gauze.

You can also prepare an antiseptic poultice by crushing garlic cloves or comfrey leaves and rubbing the paste directly on the cut or sore. One of the best balms for minor cuts and scrapes is the gel from an aloe plant. Research has shown that aloe does more than soothe cuts. It can also help them heal more quickly. You can buy aloe preparations in health food stores and herb shops, but the best remedy is the simplest: break off a stem from an aloe plant and squeeze it to extract the gel. Apply directly to cuts, scrapes, rashes, or minor burns.

Eczema

Specialists don't have the foggiest idea what causes this condition, which brings about dry, flaky, bothersome skin, yet they realize what will relieve it. The best cures are likewise the most seasoned, regularly utilized by Native Americans hundreds of years prior. The principle treatment for dermatitis is to siphon additional dampness into the skin. Most dermatologists concur that applying a cream after cleaning up or shower is the most ideal approach to do this. This will assist with catching dampness close to the skin to be ingested, says dermatologist Bruce Bart, M.D. The cream doesn't need to be extravagant; he adds. Oil jam or a reasonable salve turns out great.

You can calm the skin and soothe the rash by utilizing customary Native American spices during a dermatitis erupt. Botanists accept that the most ideal decisions are oats (which can be utilized as a poultice or added to bathwater by the modest bunch), licorice root (which can be plastered as a tea or applied to the skin as a wash), and watercress (additionally applied straightforwardly or drunk as a tea). You might need to attempt different spices, for example, tea or skin wash, including goldenseal, stinging weed, yellow harbor, and red clover. You can likewise smash clover leaves and use them as a poultice to assuage tingling, says botanist Ana Nez Hatherley.

Poison Ivy

The bane of anyone who enjoys the big outdoors, poison ivy could be a real annoyance for Native Americans. The plant contains a powerful oil that can be intensely irritating when it touches the skin. What's more, the oil is extremely long-lasting, remaining active for months or even years. This means that even when people didn't touch poison ivy directly, they could still get a rash by touching something that once did, like clothing or a tool handle.

The Native Americans didn't waste time scratching; they came up with effective remedies for poison ivy. One of their favorites was impatiens, also known as jewelweed. The frail blossoms can be mashed and applied directly to the skin to stop itching. Other plants, including aloe, bearberry, willow, and sassafras are also helpful.

Ringworm

A pesky fungal infection that causes a serious itch, ringworm can usually be subdued with skin washes made from Native American herbs, such as echinacea, plantain, goldenseal, licorice root, ginger, and yellow dock, all of which have been found to contain potent anti-fungal compounds. To make the wash, add a teaspoonful of dried herb (or two teaspoons of fresh) to a cup of boiling water. Let steep for 10 to 15 mins, then strain and apply to the skin, either directly or as a compress. In addition, you can use garlic as a rub to help arrest ringworm, and the milky sap of the milkweed plant is truly effective.

Warts

Warts are benign tumors that can be caused by any one of 30 different viruses. As you might expect for such a common condition, there are nearly as many remedies as viruses. The Native Americans were surprisingly successful in treating warts, and the remedies they used work just as well today.

Willow or birch bark. Take a piece of bark, wet it, and tape it to the wart, with the inner side of the bark facing the skin. If you apply a new piece of bark each day, you should see results in about a week. An alternative is to apply a strong wash made by boiling the bark, says herbal expert James A. Duke, Ph.D.

Dandelion or milkweed sap. Break a leaf or stem and squeeze the milky liquid onto a wart. Repeat this several times a day until the wart is gone.

Some people are sensitive to wart treatments, and you'll need to discontinue the treatments if your skin gets sore or irritated, says Dr. Duke.

Sprains

Sprains are not as serious as bone fractures, but you may not know it. They may be equally painful, and sometimes it takes weeks or even months to improve.

Sprains occur when tendons (connecting muscles to bones) or ligaments (connecting bones to bones) exceed bounce capacity. As we all know, these tough fibrous tissues heal slowly. The only thing that helps is to increase blood flow to the injured area. This is what the Native American Society has done in various ways.

One of the best ways to help the sprain heal is to rub and massage the area. According to the historian Virgil J. Vogel, the Cherokee are master massagers, their first choice to treat sprains. Native Americans also knew the wisdom to prevent severe sprains. They often use raw hides or plywood packages made from branches and branches. The fracture technique was “in some respects equal to the bones of the white contemporaries”. Historians do not know the exact details of the treatment of Native American sprains. However, herbalist David Hoffmann developed a natural sprain relief technique, which he believes is very similar to American Indians, although most tribes may use cold compresses instead of ice compresses.

Apply ice to the sprain as soon as possible after injury. Wrap the ice in a cloth or plastic bag to prevent damage to the skin, and keep it on the sprain for about 20 minutes. This will shrink the blood veins and help reduce swelling in the future.

Bring a pint of dehydration to a boil, then add two ounces of rosemary or thyme to stimulate blood circulation. (You can also use herbs such as bearberry, mullein, arrow grass, wormwood, and arnica.) Boil the mixture for about 15 minutes, then let it cool. Dip a cloth in the solution and wrap it around the injured area. Change and soak the dressing every four hours until the pain begins to decrease.

After the pain is relieved, soak a piece of gauze with witch hazel in the pharmacy and wrap it around the injured area.

In addition to treating sprains from the outside, you can also drink three cups of bearberry tea a day to treat sprains from the inside.

Varicose Veins

The body's veins are designed to collect "used" blood from tissues throughout the body and return it to the heart and lungs. The veins are filled with tiny one-way valves to make sure blood always travels in the right direction. As columns of blood move through the veins, these valves snap shut behind them, preventing the blood from slipping backward.

It's an ingenious system, but it isn't always effective because the valves occasionally weaken and lose strength. This often happens in the leg veins because the blood, affected by gravity, is harder to push upward. When the valves "slip," blood flows backward, forming pools of accumulated blood. Over time, more and more blood flows into these pools, causing the veins to swell.

After a while the veins get so large or discolored that they become visible through the skin. These are known as varicose veins. Doctors sometimes inject medicines that seal off the damaged veins, forcing blood to find other, more efficient routes. But there are also natural remedies that can help, two commonly used by Native Americans. According to herbal expert James A. Duke, Ph.D., eating raw violet flowers is probably the best place to begin. Violet flowers contain a compound called ruin, which has been shown to help fortify capillary walls, eating several teaspoonfuls of violet flowers a day (pansies may also be used) can make a real difference. Other natural remedies that may increase capillary strength include hawthorn berries and horse chestnuts.

There's some evidence that you can also strengthen veins from the outside by applying witch hazel, available as a liquid or tincture in pharmacies and health food stores. Some herbalists believe that drinking witch hazel tea can also strengthen the veins. These herbal treatments will be most effective when eating a rich diet in fruits, vegetables, legumes, and whole grains. These foods are high in fiber, which, by preventing constipation and the attendant straining that increases pressure on blood vessels, can also help prevent varicose veins. Regular exercise makes a big difference because moving the muscles also moves the veins, helping to thrust blood in the right direction.

Wrinkles

It’s unlikely that facial wrinkles concerned the Native Americans much. After all, they had tremendous reverence for age, whereas people today are more likely to fight the aging process. However, they cared about appearance, and historians believe they treated their skin with loving care. Native Americans kept their skin meticulously clean and fresh with frequent sweats. They also moisturize and protect skin from the weather by using animal fats—bear fat, especially. And, of course, they used herbs, including purslane, witch hazel, rosemary, and sage.

Scientists now know that each of these herbs are extremely good for the skin because they’re rich in antioxidant compounds. Antioxidants help combat wrinkles by blocking the harmful effects of naturally occurring oxygen molecules called free radicals known to harm the skin.

The easiest way to use these skin-healthy herbs is to drink them as teas. You can also brew herbal teas and apply them to the skin as a compress—or do what many Native Americans did. Grind fresh leaves to a paste and apply them as a poultice.

Using these herbs as poultices can be especially effective because of their astringency. They tighten the skin by causing proteins within it to contract temporarily, explains herbal authority James A. Duke, Ph.D. A facial made with purslane is particularly effective, he says. Run a handful of fresh purslanes through the blender. Then dab the mash on your face, leave it on for 15 to 30 minutes, and rinse your face thoroughly.

Yeast Infections

We think of yeast infections, known as candidiasis, as mainly a female problem affecting the vagina. However, any moist body area, including the mouth, anus, and even armpits, can harbor Candida's yeast-like fungi. In the world of microorganisms, Candida is singularly adaptable. Yeast infections have been increasing in recent years because the Candida fungus appears to thrive in people taking modern drugs, including birth control pills, steroids, and antibiotics.

You need to see a medical professional if you suspect you have a yeast infection. But even if you're taking anti-fungal medications, you can give healing an added boost with Native American remedies. A few of these are considered especially effective.

Echinacea. This herb stimulates the body's white blood cells, which can help destroy the organism causing the infection. You can either drink echinacea tea or apply it directly to the infected areas. As with many herbal remedies, echinacea is also available in supplement form.

Bearberry. This popular Native American herb contains a potent anti-fungal compound called arbutin, also present in cranberries and blueberries. Bearberry can be taken as a tea.

Cranberry juice. Along with cranberry sauce and fresh blueberries, adding extra cranberry juice to your diet can help combat yeast infections.

Goldenseal, goldenrod, and sage. Each of these herbs contains anti-fungal compounds. You can drink them as teas or apply them directly to the skin.

The use of natural medication by the Native Americans encompassed many different fields of action, a truly balanced relationship with Nature, whose virtues and benefits they exploited.

The American Indian relation to modern herbalism is substantial, as evidenced by today's treatises that include many of the herbs and plants used in the past. In particular, the Cherokee, a tribe from Oklahoma and surrounding states, had a high respect for plants which they believed had been created to help them combat illness, disease and, in many cases, establish contact with the deities.

The herbal medicine of the Cherokee and other Native Americans has been practiced for hundreds of years, demonstrating a deep knowledge of the plants' healing properties, knowledge passed down from one generation to the next through healers and shamans.

BOOK 8: RECIPES

Illness and Natural Medications

Antitussive

The common cold is an upper respiratory (lungs) illness caused by more than 100 viruses. Signs of a cold include watery eyes, runny or stuffy nose (rhinitis), head congestion (with mild, moderate, or severe headache), fatigue, sneezing, and coughing. The cough (lungs illness) that often accompanies a cold is the body's attempt to remove mucus, dust, or other irritants from the air. Your ability to taste and smell may reduce, and you may have a fever or chills. There may be general malaise and apathy (malaise). As the cold progresses, a sore throat may appear, ranging from mild to severe. There may be some or all of these symptoms.

Relevant tissue states heat (irritation) or cold (depression of vitality), dryness, or humidity.

Relevant herbal actions: cough suppressant, astringent, decongestant, softening, diaphoretic, expectorant, lung tonic

Herbal Allies

- Agrimony
- Cassis
- Black elder
- Blue Verbena
- Boneset
- Chamomile
- Coltsfoot
- Echinacea

- Elecampane
- Fennel seed
- Ginger
- Gingko Biloba
- Goldenrod
- Gold seal
- Horehound
- Indian root
- Licorice

- Mullein
- Osha
- Daisy
- Peppermint
- Pine
- Pleurisy root
- Meadowsweet
- Speedwell
- Pieces of white cedar leaves
- Wild cherry
- Wild indigo
- Yarrow
- Yerba mansa
- Yerba health
- Marshmallow
- Mullein leaf
- sage leaf

- Thyme leaf

We need to differentiate between a hot, dry, itchy cough and a wet but cold, unproductive cough for herbs to work best. When the lungs are dry, you will have an intense and relentless cough; we use moisturizing herbs to correct this. Wet lungs snap or gurgle and are most likely a response to an infection. See Bronchitis / Chest cold / Pneumonia or Common cold and flu.

Tea lubricant a

Makes 2¾ cups of dried herb blend (enough for 18-22 quarts of tea)

These soothing, hydrating herbs provide relief from a stubborn, relentless cough for dry, warm lungs.

Ingredients:

- 1 cup of dried marshmallow root
- 1 cup of dried mullein leaf
- ½ cup of fennel seeds
- ¼ cup dried licorice root, or to taste

- Honey, for more appeasement (optional)

Directions:

1. In an average vessel, accumulate all the herbs. Store in a tightly closed case.
2. Make a cold infusion: Measure 2 to 4 tablespoons of herbs per liter of Water and place them in a mason jar vessel or French press. Pour in cold or room temperature water and let steep for 4 to 8 hours.
3. Strain the liquid and drink straight, or hot, if desired.
4. Add honey (if using) for more soothing.

Antitussific oxymel

It takes about 1 liter (20 to 60 doses)

An oxymel compound is simply a mixture of vinegar and honey, which combines the astringent and stimulating effects of vinegar with honey's hydrating and soothing aspects. The addition of specific herbs to the lungs makes it a must-have for all kinds of coughs.

cup of dried pine needles

Ingredients:

- ⅓ cup of dried sage leaf
- ⅓ cup of dried thyme leaf
- ¼ cup of dried ginger
- 1 liter of apple cider vinegar
- Honey, if needed to garnish the jar

Directions:

1. In a quarter-size mason jar, combine the herbs. Fill the pot four-fifths full with vinegar; complete with honey. Cover the jar and let steep for four weeks.
2. Filter and bottle the oxymel. Cap the bottle and label it. Take 1 to 3 tablespoons as needed.

Cough syrup

Ingredients:

- Two teaspoons of coltsfoot leaves
- 1 tablespoon of wild plum root

- 2 teaspoons of mullein leaves
- 2 cups of boiling water
- 1 pound of honey

Directions:

1.Mix the above herbs in boiling Water; in a non-metallic container, let steep for 30 minutes, and filter.

2.Add a pound of honey, heating, and stirring until the honey is dissolved; cool and store in a glass container. Take one tablespoon at a time, as needed.

Soothing cough and cold formula

Ingredients:

- 30 drops of Echinacea tincture
- 20 drops of wild indigo root tincture
- 2 cups of white cedar leaf tea

Directions:

Combine the above ingredients and take half a cup at a time, hot. Take up to three times a day.

Lakota cough and cold formula

Ingredients:

- 1 teaspoon of goldenseal root
- 1 teaspoon of mullein leaves
- 1 teaspoon of Osha root
- 1 teaspoon of pleurisy root
- 1 teaspoon of yerba mansa root
- 2 teaspoons of yerba sante leaves
- 2 cups of boiling water

Directions:

1. Combine the above herbs and cover with boiling Water; let steep for 30 minutes, calm, and strain.

2. Take two tablespoons at a time, as needed, up to two cups per day.

Lumbee cough and cold formula

Ingredients:

- 3 teaspoons of goldenrod leaves
- 4 teaspoons of horehound leaves
- 2 teaspoons white pine inner bark
- 4 cups of Water boil r

Directions:

1. Combine the above herbs in cheesecloth; tie closed with a string.
2. Place the bag in boiling Water; boil for 15 minutes; costs; remove the package.
3. Take half a cup of the hot mixture at a time, as needed, up to two cups per day.

Quick-acting cough and cold formula

Ingredients:

- 4 teaspoons of agrimony leaves
- 2 teaspoons of mullein leaves
- 2 teaspoons of blue verbena leaves
- 1 teaspoon of daisy
- 3 teaspoons of horehound leaves
- 2 teaspoons of Veronique
- 2 cups of boiling water

Directions:

Combine the above herbs in a non-metallic container and cover with boiling Water; let steep for 30 minutes, calm, and strain. Take one tablespoon every three hours, as needed, up to two cups a day.

The expectoration of cough and cold tea

Ingredients:

- 2 teaspoons of boneset herbs
- 2 teaspoons of licorice root
- 2 to 3 slices of ginger root

- 2 teaspoons of wild cherry bark
- 2 cups of boiling water

Directions:

The above herbal combination is in a non-metal container, covering boiling water, allowing steep 30 minutes, cooling and strains. Every time you get one to two tonsils, one day, one more cup per day, for dry, itching cough.

Decongesting tea

Ingredients:

- 2 slices of fresh ginger
- 2 teaspoons of pleurisy root
- 1 cup of boiling water

Directions:

Combine the herbs in a glass container; pour a boiling water cup over the herbs; let steep for 30 minutes, calm, and strain. Take one tablespoon at a time, up to two cups a day. This tea is good for chest congestion.

Antitussive flower tea

Ingredients:

- 1 teaspoon of elderflower
- 1 teaspoon of yarrow flowers
- 1 cup of boiling water

Directions:

Combine the herbs in a non-metallic container and cover with a cup of boiling Water; let infuse for 20 minutes and filter. Drink hot every two hours, as needed.

Quick-acting mullein cough syrup

Ingredients:

- 1 cup of mullein tea
- 1 pound of honey

Directions:

1. Mix the above components in a saucepan and heat until the honey is liquid.

2.Remove from heat, calm, and pour into a glass container. Take one amount of tablespoon at a time, as needed.

Elecampane cough syrup

Ingredients:

- 2 cups of elecampane tea
- 1 pound of honey

Directions:

1. Mix the tea with the honey and heat over low heat. Stir to dissolve the honey; once dissolved, remove the mixture from the heat. When cool, pour into glass containers and seal.
2. Take two tablespoons at a time, as needed, up to one cup per day.

Brown pastilles

Ingredients:

- 1½ cup of horehound leaves
- 1½ cup of Water
- 3 cups of sugar
- 3 tablespoons of corn syrup p

Directions:

1. Place the horehound leaves in a saucepan and cover them with Water.
2. Bring the compound to a boil and boil for 20 minutes.
3. Remove from heat and cool. Strain the solution and now put the sugar and corn syrup.
4. Return to the heat, bring to a boil, then reduce the heat to medium.
5. Cook until mixture reaches 300 ° F (hard cracking stage).
6. Pour the syrup onto a large buttered baking sheet; cool, then break into one-inch pieces.
7. Use as you would any cough lozenge.

Backache

Back pain affects most of us at some point in our lives. It can be an ache or an extreme burning and stabbing. Sometimes back pain is accompanied by pain that radiates down your leg. This is called sciatica, and it is a sign that pressure is being put on the nerves in the spinal cord. Sometimes back pain can be so increased that it limits your activities and forces you to stay in bed. Often, relaxing the back muscles can relieve back pain.

Back pain can have many causes: injuries, spasms, sciatica (nerve pain), disc problems, etc. The long-term resolution requires figuring out the root of the problem, but in the meantime, these herbs and formulas will relieve pain and release tension, allowing you to move more freely.

Relevant tissue states: tension (spasms), heat (inflammation)

Appropriate herbal actions: analgesic, anti-inflammatory, antispasmodic, relaxant

Herbal Allies:

- Barberry
- Black cohosh
- Cassis
- Haw black
- Blue cohosh
- Blue Verbena
- Devil's Devil's claws
- Echinacea
- Feverfew
- Ginger
- Goldenrod leaf and flower
- Meadowsweet flower
- Mullein root
- Solomon's Seal Root
- Wild lettuce

Thin dye of the thorn

Makes 4 fluid ounces (40 to 120 servings)

These warming, relaxing, and analgesic herbs calm the spasms responsible for most back pain, whether the pain is acute or chronic, muscle or conjunctiva, etc. If you have infused oil made with goldenrod or fresh ginger, use it as massage oil after applying this formula topically. To help sleep, take 1-4 drops of wild lettuce tincture by mouth; this will also help with more pain-relieving action.

Ingredients:

- 1 fluid ounce of Solomon's Seal tincture
- 1 fluid ounce of ginger tincture
- ½ fluid ounce of goldenrod tincture
- ½ fluid ounce of meadowsweet tincture
- ½ fluid ounce of mullein root tincture (see Tip)
- ½ fluid ounce of St. John's Wort tincture (optional; see Tip)

Directions:

1. In a small bottle, mix the tinctures. Cap the bottle and label it.
2. Take 1 to 4 drops orally 3 to 5 times a day.
3. In addition, put 1-4 drops in your palm and rub them into the back muscles.

TIP: If the vertebral discs are affected or worn, increase the mullein root to 1 fluid ounce. It explicitly supports these tissues. If sciatica or other radiating nerve pain is present, include St. John's Wort tincture (unless you are taking pharmaceuticals). It regenerates damaged nerve tissue.

Warming compress

Ingredients:

- Give 1 compress
- This simple application provides immediate relief.
- 16 fluid ounces of Water
- ½ cup of dried ginger (see Tip)
- ¼ cup of Epsom salts

Directions:

1. In a small saucepan vessel with a tight-fitting lid over high heat, combine all the ingredients. Cover and bring to a boil. Decrease the temperature and simmer for five minutes. Meanwhile, fill a hot water bottle.

2. Dip a cloth in the hot tea, holding it in a dry place and allowing it to air cool until warm but comfortable to the touch.

3. Lie down and place the damp cloth on your back. Cover with a dry cloth and put the hot water bottle on it. Make yourself comfortable and let sit for 10 to 20 minutes. You should feel warmth, relaxation, and pain relief.

4. Repeat as often as you like.

TIP: Sore, but no dried ginger? If all you have on hand is original, fresh and original ginger from the grocery store, you can also use it, sliced, chopped, or grated.

Sciatic pain tea

Ingredients:

- 2 teaspoons of crampon
- 2 teaspoons of kava root
- 2 cups of Water

Directions:

1. Combine the herbs in a saucepan and cover them with Water.
2. Bring to a boil; lower the temperature; simmer for 30 minutes.
3. Cool and filter.
4. Take up to one cup per day. This tea can help relieve sciatica pain.

Daily analgesic tea for pai back not

Ingredients:

- 1 teaspoon coltsfoot leaves
- 2 teaspoons of St. John's Wort leaves
- 2 cups of boiling water

Directions:

1. Combine the herbs in a glass container and cover with boiling water; infuse for 15 to 30 minutes; stump.
2. Take half a cup in the morning and half a cup in the evening.

Soothing back pain tea

Ingredients:

- 1 teaspoon of chopped valerian root
- 2 teaspoons of white willow bark

- 2 cups of cold Water

Directions:

1. Combine the herbs in a saucepan and cover them with Water.
2. Soak overnight; stump.
3. Take up to one cup per day, one tablespoon at a time.

This tea can help relieve pain caused by irritation of the nerves.

Bedsores

Also called a pressure sore, is an area of skin damage that can happen when P is inserted into the body for an extended period. The P stops blood flow to the site and also irritates, resulting in sores.

Skin ulcers are open, raw sores that occur when the top layer of skin cracks and peels off. They are marked by swelling, redness, pain, warmth, and inflammation. They can also be infected and full of pus. Bedsores are very common in people in a cast and those who use wheelchairs or in bed. The most common sites for pressure sores are the lower back, buttocks, and heels. Some authorities estimate that treating pressure ulcers and other pressure ulcers costs the nation more than $ 1 billion each year.

Herbal remedies

- Burdock
- Echinacea
- Evening primrose
- Worry
- Nettle
- white oak

Topical washing of pressures

Ingredients:

- 2 teaspoons of marigold flowers
- 1 teaspoon of granulated echinacea root
- 1 tablespoon of white oak bark
- 2 cups of Water

Directions:

1. Combine the herbs in a glass container and cover with Water; soak overnight; stump.
2. Use as a wash periodically throughout the day.

Bronchitis

Bronchitis is a severe inflammation of the bronchi that can range from a mild case (much like a bad cold) to an extreme case, leading to pneumonia. Bronchitis may be accompanied by fever, severe cough, thick sputum, difficulty breathing, chills, and sore throat. Bronchitis is usually caused by infection but can also occur after inhaling dust, smoke, or other irritants. Repeated episodes of bronchitis can lead to chronic bronchitis, in which the bronchi can be permanently damaged.

When you have a lung infection or lung illness, donations suppressed the cough, and it's a vital response! Our goal is to cough when productive so that all irritating or infectious material is expelled when you cough phlegm and reduce unproductive cough. If you can't get the inertia to come up, you may find that a simple cough turns into pneumonia from mucus buildup. (True pneumonia is a severe illness - seek other care. In the meantime, take elecampane and garlic - they are your best allies for this problem.)

Coughs caused by infection are usually wet, and the herbs we are discussing here assume that it is. The point is to get it just a little bit on the sticky side - friendly and productive - so you can expel that phlegm.

As with any respiratory ailment, an herbal vapor is an excellent remedy on its own, fighting infections and dramatically improving blood flow - which means immune activity - to the lungs. A simple thyme or sage steam is perfect for this problem.

Affected organizational state: humidity, cold (depression vitality)

Related Herbal Effects: Anti-microorganisms, essays, dealers, sweating, phlegm, and lung nourishing.

Herbal Allies:

- Angelic
- Black cohosh
- Black elder
- Canada fleabane
- Chamomile
- Coltsfoot
- Echinacea
- Elder

- Elecampane root
- Garlic
- Ginger
- Horehound
- Licorice
- Eternal flower pearly
- Peppermint
- Pine
- Meadowsweet
- sage leaf
- Snake Root Seneca
- Red elm
- Thyme leaf

Fire cider

It makes about 1-quart t

Traditional fire cider recipes are spicy and aromatic stimulant expectorant blends that will warm you up and help you remove grime. In this book, we sneak in some immune boosters, and a good source of vitamin C. Don't consume it if you are taking pharmaceutical blood thinners.

Ingredients:

- 1 whole head of garlic, peeled and chopped cloves
- 1 (2 inches) piece of fresh and original ginger, cut into pieces or chopped
- 1 cup of dried pine needles
- ¼ cup dried sage leaf
- ¼ cup dried thyme leaf
- ¼ cup of dried elderberry
- ¼ cup dried rose hips
- 2 tablespoons of dried elecampane root
- 2 tablespoons of dried angelica root

Directions:

1 liter of apple cider vinegar

Honey or Water, to sweeten or dilute (optional)

1. In a quarter-size mason jar, combine the garlic, ginger, and remaining herbs.

2. Fill the jar with vinegar. Now hide the jar with a plastic lid or put a sheet of waxed paper under the top of the jar before screwing on the ring. (The coating on the bottom of metal jar lids will rust when exposed to vinegar.)

3. Let the herbs steep in the vinegar for 2 weeks or more.

4. Filter, bottle, and label the finished fire cider. If the vinegar gets too hot to be comfortable on your stomach, add honey (up to a quarter of the total volume) or dilute your dose with Water.

5. Make an injection (approximately ½ fluid ounce) at the first sign of mucus buildup in the lungs and every two hours after that until symptoms subside.

Throat soothing tea

Ingredients:

- 2 teaspoons of black cohosh root
- 2 teaspoons of powdered Indian root
- 2 teaspoons of chamomile flower
- 2 cups of Water
- Honey, to taste

Directions:

1. Combine the above herbs in a saucepan; cover with Water.
2. Bring to a boil; lower the heat and simmer for 30 minutes; stump.
3. Add honey if you need it. Take one tablespoon amount in two cups of Water several times a day.

Soothing sweet tea

Ingredients:

- 1 teaspoon of marshmallow leaves or flowers
- 1 teaspoon coltsfoot leaves
- 1 teaspoon of mullein leaves and flowers
- ½ cup of boiling water
- Sharpen Yes

Directions:

Combine the above herbs; soak a teaspoon of the mixture in boiling Water;

stump. Sweeten with honey. Take half a cup, three or four times a day, hot.

Bronchitis tea # 3

Ingredients:

- 1 teaspoon of elecampane root
- 2 tablespoons of nettle leaves

Directions:

1 cup of boiling water

Mix the above herbs. Pour boiling and hot Water over the original herbs and let steep for 30 minutes; stump. Sweeten with honey, if desired. Take up to two cups per day.

Bronchitis tea # 4

Ingredients:

- 1 to 2 slices of fresh ginger root
- 1 teaspoon of pearly everlasting flowers or leaves
- 1 teaspoon of red root
- 1 cup of boiling water

Directions:

Combine the above herbs; soak in boiling Water for 30 thirty minutes; stump. Take half amount of a cup of tea 3 times a day.

Canker sores

Canker sores are small sores that are usually found on the lining of the mouth, although they can also occur on the lips, tongue, or throat. Also called aphthous ulcers can be white or yellow and are surrounded by red, inflamed tissue. These small ulcers can be excruciating for several days and may be accompanied by fever and swollen lymph nodes. Canker sores can be caused by stress, viral infections, poor dental hygiene, and nutrient deficiencies. Injury (such as some dental procedures) can also cause canker sores to develop.

Herbal Allies

- Raspberries
- Cassis
- Great mug wort
- Echinacea
- Worry

Anti-inflammatory mouthwash

Ingredients:

- ½ cup of barberry tea
- ½ cup of white oak tea
- ½ cup of echinacea tea
- ½ cup Oregon grape root tea
- Combine the above ingredients in a glass container with a lid.
- Use three times a day as a mouthwash. Make sure to swish the liquid around in your mouth for several minutes.

Constipation

It used to be called "cost," constipation refers to any irregular or no bowl lights. The frequency of defecation depends on your diet, your body makeup, and your physical habits. Most people move every day, but some can leave for two days or more, not to experience constipation.

However, the longer the waste remains in the colon, the more Water will be absorbed and the drier and more compact the waste will become.

Constipation can occur due to a poor diet, insufficient water intake, nervous tension, insufficient exercise, drug use, poor toilet habits, or excessive laxatives. Several diseases, including thyroid problems, circulatory disorders, and colon disorders (such as fistulas, inflammation, polyps, blockages, and tumors), can also cause constipation.

Tissue states concerned: cold (stagnation), dryness, tension

Relevant herbal actions: bitter, carminative, softening, hepatic, laxative

Herbal Allies

- Angelic
- Barberry
- Boneset
- Cascara Sagrada
- Cayenne
- Chicory
- Dandelion root
- Ginger
- Marshmallow
- Milk thistle seed
- Oregon grape
- St. John’s Wort leaf and flower
- Sunflower

Sometimes constipation is just a signal of dehydration - drink Water! If it's a chronic problem, it could be a sign of a food allergy or just a sign that you're not getting enough fiber in your diet. A good, thick, cold marshmallow infusion solves both problems: it rehydrates better than Water alone and contains many polysaccharides and fiber that help move stools.

Constipation, especially when it continues to exist, can be attributed to slow liver function. The liver produces the bile in the digestive solution, but it also lubricates the intestines; things will be stuck when the production is low. Bitter and drugs help stimulate digestive function, liver repair herbs (liver) such as milk can return to regular operation.

Hydrating intestinal infusion

Makes 2½ cups of dried herb blend (enough for 14-18 quarts of tea)

A little tastier than a marshmallow on its own, it's an excellent solution for the type of constipation that often plagues people with a dry constitution. If you have hard-to-pass, dry, little "rabbit lozenges" stools, this is for you. Drink a liter or more every day.

Ingredients:

- 1 cup of dried linden leaves and flowers
- 1 cup of dried marshmallow root
- ¼ cup dried cinnamon bark
- ¼ cup roo dried licoricet

Directions:

1. In a medium vessel, accumulate all the herbs. Store in a tightly closed case.
2. Make a cold infusion: Check 2 to 4 tablespoons of herbs per liter of Water and put them in a mason jar vessel or French press. Pour into cold or room temperature water and let steep 4 to 8 hours before filtering.

Motivation intestinal dye

Makes 4 fluid ounces (30 to 60 servings)

These bitters and carminatives will stimulate the intestines by stimulating bile flow and intestinal peristalsis.

Ingredients:

- 1½ fluid ounce of dandelion root tincture
- 1½ fl. oz. of St. John’s Wort tincture
- ½ fluid ounce of angelica root tincture
- ½ fluid ounce of ginger tincture

Directions:

1. In a small bottle, mix the tinctures. Cap the bottle and label it.
2. Take 2-4 drops every 20 minutes until relief occurs.

Soothing intestinal tea

Ingredients:

- A large handful of bone flowers
- A large handful of dandelion flowers
- 4 ounces of cascara bark
- 2 liters of Water
- Darling

Directions:

1. Accumulate the above herbs in a pan, cover the two quarts of Water; boiled; boil until the mixture is reduced to 1 liter; stump.
2. Take a cup before breakfast before going to bed. You can add honey for your sweetness.

Purifying digestive tea

Ingredients:

- 2 teaspoons of cascara sagrada
- 3 to 4 slices of ginger root
- 1 teaspoon of cayenne
- 1 teaspoon of Oregon grape root
- 2 cups of boiling Water

Directions:

Combine the above herbs in a saucepan and cover with two cups of boiling Water; let steep for 30 to 45 minutes, let cool, and strain. Take one tablespoon at a time, up to two cups a day.

Fever

The "normal" body temperature is generally considered 98.6°F, although this number can vary from one individual to another or even within the same individual at different times of the day.

For example, our body temperature is lowest in the early morning and highest in the late afternoon. However, a fever is considered any temperature above 100 ° F. A fever is usually a signal that the body faces illness.

Whether or not to treat a fever is a very controversial topic. In my opinion, fever is the body's way of repairing itself and shouldn’t be suppressed. However, fever in children and adults with heart disease and other disorders is sometimes severe and may need treatment.

Affected tissue states: heat, dryness (dehydration)

Relevant herbal actions: diaphoretic, refrigerant

Herbal Allies

- Angelic
- Boneset
- Cayenne
- Catnip flower and leaf
- Elderflower
- Garlic
- Ginger
- Juniper
- Worry
- Osha Root
- Daisy
- Peppermint leaf
- sage leaf
- Cap
- Thyme leaf
- Tulsi leaves
- Wild indigo root
- Wild lettuce original
- Yarrow leaf and flower original

Fever is your colleague: it's a vitally crucial immune response, and herbalists aren't the only ones saying it! It should be pressurized that fever is not a disease but is, in fact, a physiological mechanism that has beneficial effects in combating the disease. Infection. So don't give in to the fever phobia: help your body do its job.

Stay hydrated! Almost all severe problems associated with fever do not stem from the rage itself but uncontrolled dehydration. Sitting in a hot tub is an excellent way to rehydrate if a person is too vile to hold back fluids.

Finally, keep in mind that the temperature is relative to the individual. The children are very hot; the elderly is very cold; your constitution will affect your core body temperature. 99 ° F and unresponsible people have more problems than active alarms at 101 ° F. So always seem to be closer than the thermometer.

Tea fever

Makes 3 cups of dried herb blend (enough for 18-24 quarts of tea)

Often, we want to help raise the fever with the help of our diaphoretic stimulants. These will help a fever be more productive, and they can also help the rage to be more bearable because they make the body sweat. Drink a large cup of this tea whenever the fever is low and persistent, and you want to heat it effectively.

Ingredients:

- 1 cup of dried Tulsa leaf
- ½ cup dried sage leaf
- ½ cup of dried thyme leaf
- ½ cup dried yarrow leaves and flowers
- ¼ cup dried angelica root
- 1/4 cup dry ginger
- 1 garlic clove, slice, real kick (optional)

Directions:

1. In the medium bowl, combine all herbs. Store in close circumstances.

2. Making thermal infusion: preparing boiling water bottles. Each liter is measured by 2 to 3 tablespoons and placed in the Mason cans or French press. Add garlic (if used). Pour to boiling water, cover, and steep for 20 minutes.

To get the best effect, heating before drinking and drinking very hot.

Tea cut fever

Makes 1¾ cup of dried herb blend (enough for 14-24 quarts of tea)

If the fever is too high to be tolerated, these relaxing diaphoretics and coolants will relieve tension and release heat without further stimulating the fire. The wild and fresh lettuce in the mix will make you tired, which is good - sleep is your best healing mechanism. Go to bed!

Ingredients:

- ½ cup dried catnip leaves and flowers
- ½ cup of dried elderflower
- ½ cup dried peppermint leaf
- ¼ cup dried wild lettuce leaves and stems
- 1 quart of boiling water

Directions:

1. In a medium vessel, mix all the herbs. Store in a tightly closed case.
2. Make a hot infusion: measure out 1 to 2 tablespoons of herbs and place them in a mason jar the size of a pint. Pour in boiling water, cover, and let steep for 20 minutes or until cool. Drink this tea slightly more relaxedly than usual.
3. Sip a cup when you want to bring down the fever.

Fever relief tea

Ingredients:

- 1 teaspoon of angelica root
- 1 teaspoon of ground ivy leaves
- 1 teaspoon of barberry berries
- 2 teaspoons of peppermint leaves
- 2 teaspoons of blue verbena leaves
- 1 tablespoon of dried yarrow
- 1 teaspoon of catnip leaves
- 1 cup of boiling water

Directions:

1. Combine the herbs above.

2.Place a tablespoon of the mixture in a cup; pour boiling water over the herbs; infuse for 30 minutes; stump.

3. Take up to one cup per day.

Quick-acting fever tea

Ingredients:

- 1 teaspoon of echinacea root
- 1 teaspoon of white willow root
- 1 cup of water

Directions:

1. Combine the roots in a saucepan and cover them with water.

2. Bring to a boil and hot water; lower the heat and simmer for 30 minutes; cool and strain.

3. Take half a cup, up to four times a day.

Food intolerance

Food sensitivities are widespread and range from mild to severe and potentially fatal. They cause all kinds of gastrointestinal disorders (heartburn, IBS, bloating, etc.) and contribute to systemic inflammation, neurological issues, and autoimmunity.

In our opinion, everyone should periodically assess their sensitivity to a few common foods: gluten, dairy products, soy, corn, eggs, and nightshades (potatoes, tomatoes, peppers, eggplants, etc.) are all common culprits. A 30-day elimination period is similar to what is described on Whole30.com. You avoid the suspect food altogether and monitor the severity of your symptoms; it is the best way to identify if you have sensitivity to any particular food.

Once your trigger foods are known and extracted from your diet, there is still some cleaning and resetting work to be done - this is where the herbs shine. A cup or two of herbal-infused broth and a liter of intestinal healing infusion per day will have you feeling like a new human being in no time.

Affected tissue states: heat (inflammation), laxity (barrier compromise)

Relevant herbal actions: bitter, carminative, softening, hepatic, nervine, nutritious, relaxing, vulnerary

Herbal Allies

- Angelic
- Barberry
- Bayberry
- Blue cohosh
- Calendula flower
- Catnip flower and leaf
- Chamomile flower
- Echinacea
- Dandelion
- Echinacea
- Fennel seed
- Ginger
- Kelp
- Licorice root

- Marshmallow
- Meadowsweet flower
- Oregon grape
- Peppermint
- Plantain leaf
- Self-healing leaf and flower
- St. John's Wort leaf and flower
- Tulsi leaves
- Yarrow leaf and flower

Flatulence, or gas, is often a symptom of indigestion and can develop when eating too fast or too much. It can also happen due to allergies or enzyme deficiencies and is a sign that our body is not breaking down the food we eat. For example, people whose bodies do not make the enzyme lactase cannot adequately digest the sugars in dairy products. The milk sugars in these products then ferment in the colon, causing gas. Foods's high in fiber can also cause gas, as can beans and cabbage.

Indigestion refers to any gastrointestinal disorder, such as an upset stomach. Indigestion can occur if you eat too fast, overeat, eat while emotionally upset, or for some people, eat the wrong foods. Caffeine, foods high in fiber, alcohol, and carbonated drinks, are often responsible for indigestion. Sometimes allergies can cause indigestion. Indigestion can be a symptom of several illnesses, including pancreatitis, ulcers, gastritis, and cholecystitis. Often, however, there is still no known reason for indigestion.

Gut-heal tea

Makes 4 ⅓ cups of dried herb blend (enough for 20 to 40 liters of tea)

This blend of original digestive herbs combines all the actions necessary to restore a healthy stomach, intestines, and liver function. This is the most frequently recommended formula in our practice and is open to a large degree of individual customization. If you have a lot of intestinal cramps, add more chamomile and fennel. If you are constitutionally dry, add more marshmallows. If it is boiling, omit the ginger. If there's one herb you don't like, leave it out, and if there's one you particularly like, add more! Drink a liter or more every day.

Ingredients:

- ½ cup of dried calendula flower
- ½ cup dried plantain leaf
- ½ cup of dried chamomile flower
- ½ cup dried Tulsa leaf
- ⅓ cup of dried catnip leaves and flowers
- ⅓ cup of fennel seeds
- ⅓ cup of dried peppermint leaf
- ⅓ cup of dried marshmallow leaf
- ¼ cup of dried ginger
- ¼ cup dried licorice root
- ¼ cup dried yarrow leaves and flowers
- ¼ cup dried St. John's Wort leaves and flowers

Directions:

1. In a large vessel, mix all the herbs. Store in a tightly closed case.
2. Make a hot infusion: Make a kettle of boiling and hot water. Measure two to three tablespoons of herbs per liter of water and place them in a mason jar or French press. Insert in the boiling water, cover, and let steep for 20 minutes or until it is cold enough to drink.

TIP: Omit St. John's Wort if you are taking pharmaceuticals at the same time.

Training broth

It takes about 3 liters

Bone broth is incredibly healing for the gut, especially when the bones have pieces of collagen (gristle) attached. The amino acids in these parts help restore intestinal integrity, which is compromised by the food allergy reaction. Adding herbs improves these healing and anti-inflammatory activities. If you feel particularly unwell, forgo solid food for a day and just drink plenty of broth!

One more reason to get used to bone broth: Broth made from bone with collagen tissue still attached is the high amount of glucosamine and chondroitin. These food supplements are used by the body to rebuild healthy joints and connective tissue. You can buy glucosamine and chondroitin in supplement form, but bone broth is a cheaper source and has so many other added benefits!

Ingredients:

- 1 cup of dried calendula flower
- ¼ cup dried dandelion root
- ¼ cup of fennel seeds
- ¼ cup of dried ginger
- ¼ cup of dried kelp

Directions:

Bones (like from 1 roast chicken; 6 pork chop bones; 1 lamb or beef shank; or the bones, head, and tail of 2 medium-sized fish - really, any bone will do. 'Case...)

3 liters of water, more if needed

1 tablespoon of apple cider vinegar

oyster mushrooms, shiitake, or maitake, for their nutritional and healing properties (optional)

Salt

Freshly ground black pepper

1. In a large saucepan vessel over high heat, combine the herbs, bones, water, vinegar, and mushrooms (if using). Season with salt and pepper. Bring to a boil. Keep boiling for four to eight hours. Check often and add extra water to replace what has burned.

2. Strain the liquid and set it aside. Compost the bones and herb pomace, if desired.

3. Drink a cup of hot broth 2-3 times a day.

Stop-flatulence tea

Ingredients:

- 1 teaspoon of dried angelica root
- 2 teaspoons of peppermint leaves
- 1 teaspoon of lemon balm leaves
- 1 cup of boiling water

Directions:

1. Combine the herbs in a container.

2. Take a tablespoon of the herb mixture and cover with boiling water; infuse for 20 to 30 minutes; stump. Take as needed.

Clon soothing tea

Ingredients:

- 2 teaspoons of lemon balm leaves
- 2 teaspoons of peppermint leaves
- 2 teaspoons of chamomile flowers
- 1 cup of boiling water

Directions:

1. Combine the herbs in a container.
2. Take one top of the mixture and cover with boiling water; infuse for 30 minutes; stump. Take as needed.

Te quick-acting flatulence a

Ingredients:

- 1 teaspoon of catnip leaves
- 1 teaspoon of grated ginger root
- 2 teaspoons of dandelion leaves
- 2 cups of boiling water

Directions:

1. Mix the herbs and cover with boiling water; infuse for 20 to 30 minutes; stump.
2. Take as needed.

Maintenance tea

Ingredients:

- 1 teaspoon of black cohosh root
- 1 teaspoon of echinacea root
- 1 cup of boiling water

Directions:

1. Combine the above herbs in a glass container.

2. Pour the boiling water over the herbs; infuse for 30 minutes; cool, and strain. Take as needed, up to one cup per day.

Daily digestive tea

Ingredients:

- 1 teaspoon of angelica root
- 1 teaspoon of grated ginger root
- 2 teaspoons of chamomile flowers
- 2 teaspoons of peppermint leaves
- 1 cup of boiling water

Directions:

1. Combine the above ingredients in a container.

2. Take a tablespoon of the herbal mixture and place it in the boiling water; infuse for 30 minutes; cool, and strain. Take as needed, up to two cups per day.

Pepper indigestion tea

Ingredients:

- 1 teaspoon of licorice root
- 1 teaspoon of peppermint leaves
- 2 cups of boiling water

Directions:

1. Combine the above herbs in a non-metallic container and cover with boiling water; let steep for 15 to 20 minutes; stump.

2. Take as needed, up to one cup per day.

Hangover

Everyone knows what a hangover is, even if they've never experienced one firsthand. Excessive alcohol consumption dehydrates the body, which is why those who suffer from hangovers have a dry mouth and are thirsty. Too much alcohol can also raise and then drastically lower blood sugar levels, leading to headaches, irritability, tremors or dizziness, and fatigue. Alcohol depletes the body of certain nutrients and can cause a buildup of fat in the liver. The stomach also excretes too much acid, leading to heartburn, nausea, and vomiting—no wonder a hangover is so horrible.

Affected tissue states: heat (inflammation), dryness (dehydration), laxity (barrier compromise)

Relevant herbal actions: harmless, antiemetic, anti-inflammatory, relaxing

Herbal Allies

- Barberry
- Bayberry
- Begonia leaf and flower
- Catnip
- Chaparral
- Chamomile flower
- Ginger
- Gold seal
- Linden leaf and flower
- Licorice root
- Marshmallow
- Milk thistle seed
- Oregon grape
- Plantain leaf
- Peppermint
- Self-healing leaf and flower
- St. John's Wort leaf and flower

The most straightforward and most preventative hangover remedy is milk thistle capsules.

Milk thistle is one of the few very effective herbs in capsule form, and almost all commercially available brands are of good quality. The best plan is to take two capsules with a full glass of water before starting to drink, 2 more before bed, and 2 more in the morning. Sometimes this will save you from having a hangover!

Take-it-easy next day infusion

Makes about 3¼ cups of dried herb blend (enough for 20-28 quarts of tea)

This sweet tea calms the most common hangover symptoms and helps rehydration to kick start. It's best to mix it up before the big party, so it's ready when you need it. Drink a liter or more slowly throughout the day.

Ingredients:

- ½ cup of dried begonia leaves and flowers
- ½ cup dried plantain leaf
- ½ cup of dried calendula flower
- ½ cup of dried chamomile flower
- ⅓ cup of dried linden leaves and flowers
- 1 cup of dried marshmallow leaf
- ⅓ cup of self-healing dried leaves and flowers
- 1 tablespoon of dried licorice root
- 1 tablespoon of dried ginger
- ¼ cup dried St. John's Wort leaves and flowers

Directions:

1. In the medium bowl, combine all herbs. Store in close circumstances.

2. Making thermal infusion: preparing boiling water bottles. Each liter is measured by 2 to 3 tablespoons and placed in the Mason cans or French press. Pour the boiling water, cover, and make the steep 20 minutes or until it is cold; drink.

TIP: Omit St. John's Wort if you are taking pharmaceuticals at the same time.

Life war without fuss tea

Ingredients:

- 1 teaspoon ripe barberry berries
- 1 teaspoon of Oregon grape root
- 2 cups of boiling water

Directions:

1. Combine the herbs in a non-metallic container and cover with boiling water; infuse for 30 minutes; cool and strain.
2. Take up to one cup per day, diluted in plenty of cool water.

Quick-acting mouth tea

Ingredients:

- 1 teaspoon of bayberry root
- 1 teaspoon of dried goldenseal root
- 1 teaspoon of Oregon grape root
- 2 cups of boiling water

Directions:

1. Combine the herbs in a non-metallic container and cover with boiling water; infuse for 30 minutes; stump.
2. Place a tablespoon of the mixture in an 8-ounce glass of water.
3. Drink several glasses throughout the day.

Spicy tea from life mouth

Ingredients:

- 1 teaspoon of catnip leaves
- 1 teaspoon of peppermint leaves
- 1 teaspoon of dried chaparral leaves
- 2 cups of boiling Water

Directions:

1. Combine the herbs in a non-metallic container and cover with boiling water; infuse for 20-30 minutes; stump.
2. Drink half a cup at a time, up to two cups a day.

Headache

Headaches are widespread and can be dull and constant, throbbing, gnawing, or throbbing. There are many types of headaches with many different causes. Sometimes tension, fatigue, or stress can cause a headache. Problems with the eyes, ears, nose, throat, or teeth can cause headaches, allergies, injuries, infections, tumors, and many illnesses. Headaches are big business too. Americans spend over $ 1 billion each year on headache medications. Most people take nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen, indomethacin, or even more potent pain relievers. But these drugs have unwanted and sometimes severe side effects, including ulcers and an increased tendency to bleed. Herbs may offer a safer alternative.

Conditions of affected tissues: hot or cold, damp or dry, stretched or relaxed

Relevant herbal actions: harmless, anti-inflammatory, astringent, circulatory stimulant, relaxing

Herbal Allies

- Betonia leaf and flower
- Catnip
- Chamomile flower
- Feverfew
- Peppermint
- pleurisy root
- White willow
- Gaultheria
- Ginger
- Linden leaf and flower
- Marshmallow
- Meadowsweet flower
- sage leaf
- Tulsi leaves
- Wild lettuce

Headaches result from various imbalances. Some are simple one-off causes: dehydration, lack of sleep, overeating, alcohol, caffeine, drug. For those, you want to quickly pain, and you provide missing or just waiting for your physical

recovery.

It is vital to identify your trigger for long-term pain relief and contribute to your pain; this requires some experiments. The following herbal remedies aim to comply with the most common headache types but try different herbal portfolios to improve the treatments and make them possible. If you have repetitive headaches and can help, drink rising or more every day as precautions.

Headache cooling tea

Makes 3¼ cups of dried herb blend (enough for 22-28 quarts of tea)

If a headache makes you blush and the pan is hot, sharp, and very tender to the touch, this is for you. This type of headache often results from tension, stress or anxiety, sinus congestion, or direct nerve pain. These herbs calm, relax (be aware that wild lettuce can make you drowsy) and drain.

Ingredients:

- 1 cup of dried begonia leaves and flowers
- 1 cup of dried meadowsweet flower
- ½ cup of dried lime leaves and flowers
- ½ cup dried marshmallow leaf
- ¼ cup dried wild lettuce leaves and stems

Directions:

1. In the medium bowl, combine all herbs. Store in close circumstances.

2. Making thermal infusion: preparing boiling water bottles. Each liter is measured by 2 to 3 tablespoons and placed in the Mason cans or French press. Pour the boiling water, cover, and make steep soaked for 30 to 40 minutes. Drink warm or cool. A cup of tea should start to give you relief.

Headache heating tea

Makes 3¼ cups of dried herb blend (enough for 22-28 quarts of tea)

If your headache comes on, you have a pale face and the pain Cold, dull, wide, try this mixture. This type of headache is usually caused by thyroid dysfunction, liver congestion, and cycle stagnation. These herbs are warm, gently gentle, improve circulation. (If caffeine generally works as a headache remedy for you, try this.) If you have a recurring headache and it helps, drink a liter or more each day as a preventative measure.

Ingredients:

- 1 cup of dried betonia leaves and flowers

- 1 cup of dried tulsi leaf
- ½ cup of dried chamomile flower
- ½ cup dried sage leaf
- ¼ cup of dried ginger

Directions:

1. In the medium bowl, combine all herbs. Store in close circumstances.
2. Making thermal infusion: preparing boiling water bottles. Each liter is measured by 2 to 3 tablespoons and placed in the Mason cans or French press. Pour to boiling water, lid, and let steep for 30 to 40 minutes. Drink warm to hot. A cup of this tea should start to give you relief.

Headache pepper tea

Ingredients:

- 1 teaspoon of feverfew leaves
- 1 teaspoon of peppermint leaves
- 1 cup of boiling water
- Sharpen Yes

Directions:

1. Combine the above herbs in a non-metallic container and cover with boiling water; infuse for 30 minutes; stump.
2. Add honey to taste. Take one tablespoon at a time, up to one cup per day.

Headache soothing tea

Ingredients:

- 1 teaspoon of catnip leaves
- 2 teaspoons of feverfew leaves
- 1 to 2 cups of boiling water

Directions:

1. Mix catnip and feverfew in a glass container.
2. Pour one to two cups of boiling water over the herbs; infuse for 30 minutes; stump.
3. Take up to one cup per day, one tablespoon at a time.

Hypertension

The list of circulatory disorders is almost endless and includes heart disease, stroke, hypertension, and atherosclerosis, to name a few. These circulatory disorders and others are the number one cause of death, killing nearly one million Americans each year.

As we age, our body's ability to maintain a good balance between clotting and liquefying blood starts to take a turn for the very bad. On the one hand, the blood has to clot if we want to avoid bleeding to death, but, on the other hand, it has to be fluid and liquid to moves quickly through the blood veins of the body. The older we get, the more "sticky" our blood becomes, and its ability to circulate decreases. The step is set for blood clots, blocked arteries, strokes, and heart attacks when that happens.

Affected tissue states heat, tension.

Relevant herbal actions: hypotensive, nervine, relaxing, sedative

Herbal Allies

- Black cohosh
- Cassis
- Burdock
- Cayenne
- Dandelion
- Garlic
- Ginger
- Gingko Biloba
- Ginseng
- Gold seal
- Gotu kola
- Kelp
- Linden leaf and flower
- Marshmallow
- Raspberry
- Pink
- Red elm
- Yarrow leaf and flower

Occasional high blood pressure is normal; it is part of the natural response to stressful situations. Over time, however, high blood pressure can cause or worsen other cardiovascular problems. Herbs offer a great suite of actions to lower high blood pressure, often by addressing the root causes rather than simply acting symptoms.

It is worth noting that high blood pressure is not always insufficient: new information shows that high blood pressure in older development can reduce the risk of dementia.

Sweet tea

Mixed 2 cups of dry grass (enough tea enough 12-16 quarts)

Reducing the pressure will have a big difference so that herbs can relax, and the body's heart is ideal. For those with a very dry constitution, prepare it in cold perfusion. Drink or more daily.

- 1 cup of dried linden leaves and flowers
- ½ cup dried marshmallow leaf
- ½ cup dried rose petal

Directions:

1. In a small bowl, combine all the herbs. Store in a tightly closed case.

2. Make a high-temperature infusion: Prepare a kettle of boiling and boiling water. Measure 2 to 3 tp of herbs per liter of water and place them in a mason jar or French press. Put in the boiling and high-temperature water, cover, and let steep for 20 minutes or until it is cold enough to drink.

Free circulation tea

Ingredients:

- 1 teaspoon of burdock root
- 1 teaspoon of goldenseal root
- 1 teaspoon of cayenne
- 2 teaspoons of slippery elm bark
- 2 slices of ginger root
- 3 cups of boiling water

Directions:

1. Mix the above herbs in a non-metallic container and pour boiling water over them. Leave to infuse for 30 minutes, calm, and strain.
2. Take up to one cup per day, two tablespoons at a time.

Anti-congestion tea

Ingredients:

- 2 teaspoons of black cohosh root
- 4 teaspoons of Ginkgo Biloba leaves
- 2 cups of boiling water

Directions:

Mix the above herbs in a non-metallic container and pour boiling water over them. Soak for 30 minutes, calm, and strain. Take two to three tablespoons at a time, up to six times a day.

Preventive tea for arteriosclerosis

Ingredients:

- 2 to 3 slices of ginger
- 2 teaspoons of Ginkgo biloba leaves
- 1 teaspoon of ginseng leaves
- 2 cups of boiling water

Directions:

1. Combine the herbs in a non-metallic container and cover them with boiling water.
2. Let steep for 30 minutes, calm, and strain.
3. Take up to half a cup per day.

Insomnia

Insomnia is any difficulty in sleeping. A few people have trouble falling asleep, while others can fall asleep easily but do not stay asleep. Almost a quarter of all Americans have an occasional problem sleeping, but some people effect from chronic insomnia. Insomnia can happen for several reasons, including stress and nervous tension, excessive caffeinated drinks, and irregular sleep patterns.

Insomnia can lead to fatigue and an inability to function at optimal energy levels

during the day. Irritability, daytime sleepiness, and memory impairment often affect people with insomnia.

Tissue states concerned: heat (agitation), tension

Relevant herbal actions: hypnotic, relaxing, sedative

Herbal Allies

- Ashwagandha root
- Betonia leaf and flower
- Catnip flower and leaf
- Chamomile flower
- Hop
- Linden leaf and flower
- Passionflower
- Pink
- Valerian
- Wild lettuce

Wild animals do not have insomnia. Neither do nature hikers. According to 2013 research published in the journal Current Biology, just a few days in an outdoor environment, without exposure to artificial light, is enough to restore normal circadian rhythms, even in people who are in nature" night owls" in their lives. City life. This follows with a large and growing body of evidence that indicates that our electrically lit environments are directly responsible for most of the sleep disturbances we experience.

Reducing exposure to bright lights at night, including TV, computer, And the smartphone screen, is one of the very vital steps you can take to combat insomnia. At least one hour before going to sleep, avoid the screen, and take the herbal remedies provided here to ensure improved sleep and quality.

End of day elixir

Makes 4 fluid ounces (60 to 120 servings)

This blend of relaxants and mild sedatives does not force sleep but helps relieve tension, anxiety, and distraction, making it difficult to transition to sleep. This formula (and all herbs to help sleep) preferably occupies the "pulse dose," which is more effective than taking all the doses before going to bed. This gives the

herbal time to work in your system and send out the body to sleep.

Ingredients:

- 1 fluid ounce of chamomile tincture e
- 1 fluid ounce of betonia tincture
- ¾ fluid ounce of ashwagandha tincture
- ½ fluid ounce of catnip tincture
- ½ fluid ounce of linden tincture
- ¼ fluid ounce of honey (plain or infused with rose petals)

Directions:

1. In a small bottle, bind tincture and honey. Cover the bottle and mark it.

One hour before going to bed, it takes 1 to 2 drops.

3. 30 minutes before going to bed, another 1 to 2 drops.

4. At bedtime, take the last 1 to 2 drops.

To sleep! Formula

Makes 4 fluid ounces (60 to 120 servings)

We're recruiting wild lettuce, the most potent hypnotic (sleep-inducing) herb in this book, for this formula. This is especially helpful if part of what keeps you awake at night is physical pain, as wild lettuce also has a pain-relieving effect. This formula, like the end-of-day elixir, is best taken in "pulsed doses."

Ingredients:

- 2 fluid ounces of wild lettuce tincture
- 1 fluid ounce of betonia tincture
- ½ fluid ounce of chamomile tincture
- ½ fluid ounce of linden tincture

Directions:

1. In a small bottle, mix the tinctures. Cap the bottle and label it.
2. One hour before sleeping time, take 1 to two drops.
3. 30 minutes before bedtime, take another 1one to 2 drops.
4. At bedtime, take the last 1 to 2 drops.

Insomnia relief tea

Ingredients:

- 1 teaspoon of chamomile flowers
- 1 teaspoon of hops
- 1 teaspoon of valerian root
- 1 cup of boiling water

Directions:

1. Combine the herbs above.
2. Take a tp of the mixture and cover with boiling water; let steep for 30 minutes; stump.
3. Drink hot, if needed, half a cup at a time.

Sweet dreams a

Ingredients:

- 2 teaspoons of catnip leaves
- 1 teaspoon of hops
- 2 teaspoons of chamomile flower
- 2 teaspoons of passionflower
- 1 cup of boiling water

Directions:

Combine the above herbs in a glass container; cover with boiling water; infuse for 30 minutes; cool, and strain. Take one hour before bedtime.

Nausea and vomiting

Nausea is an uncomfortable feeling that you are about to vomit. It is often accompanied by excess salivation and sometimes stomach cramps. Many diseases and conditions can cause nausea, including food poisoning (and other bacterial infections), viral infections, overeating or excessive alcohol consumption, gallstones, pancreatitis, and cancer. It can also occur due to motion sickness, headaches, or pregnancy. Sometimes unpleasant smells or tastes, and even emotional anxiety, can cause nausea.

Affected tissue states: heat (agitation), tension (spasm)

Relevant herbal actions: antiemetic, carminative, relaxing

Herbal Allies

- Bayberry
- Lemon balm
- Catnip flower and leaf
- Chamomile flower
- Chaparral
- Fennel seed
- Ginger
- Horehound
- Oregon grape
- Peppermint leaf
- Yerba mansa

Somehow, nausea almost always comes from food - tenderness, indigestion, various potential infections. Mainly if nausea occurs frequently, take a close look at your diet - keeping a diary can be helpful - to identify trends that are happening around its onset. Maybe when you eat on the go, eat wheat products, or have fiery spices, anything for you, the only way to discover it is to pay focus in an organized manner.

After a period of vomiting, a warm, slightly weak calming tea may be the easiest thing to drink for a while. Then slowly reintroduce the broth, then the soup, then the stew. . . gradually progressing from foods prepared to be very hot and humid to fresher, drier foods, such as salad.

The following two formulas are also great for morning sickness. If you feel like

you can't do anything at all, a single drop of ginger tincture on your tongue can help, or even just smell a strong ginger tea.

Calm tea

Making 3 cups of dry grass mixture (enough 20–26-quart tea)

For most nausea cases, the combination of the best herbal additive should be very rapid. If you know you prefer (or don't like) the flavor of any of these ingredients, feel free to adjust their proportion. It also helps preventatively - if you are prone to nausea, drink a liter or more each day.

Ingredients:

- 1 cup dried catnip leaves and flowers
- 1 cup of dried chamomile flower
- ½ cup dried peppermint leaf
- ½ cup of fennel seeds
- ¼ cup of dried ginger

Directions:

1. In the medium bowl, combine all herbs. Store in close circumstances.
2. Making thermal infusion: preparing boiling water bottles. Each liter is measured by 2 to 3 tablespoons and placed in the Mason cans or French press. Pour the boiling water, cover, and make the steep 20 minutes or until it is cold; drink.
3. Drink a cup, slowly, in small sips. If the nausea is very intense, sit down for a while and breathe in the scent of hot tea.

Ginger emergency formula

Makes 5 fluid ounces (60 to 120 servings)

This tincture blend is to be kept in your herbal first aid kit at all times. You never know when the nausea is going to strike, and quick herbal relief will be welcome. Make it with ginger-infused honey if you have the time to prepare it ahead of time.

Ingredients:

- 2 fluid ounces of ginger tincture

- 1 fluid ounce of catnip tincture
- 1 fluid ounce of chamomile tincture
- 1 fluid ounce of honey

Directions:

1. In a small bottle, mix all the ingredients. Cap the bottle and label it.
2. Take 1 to 2 drops every 20 minutes until relief occurs.

Antiemetic tea

Ingredients:

- 1 teaspoon of grated ginger root
- 1 teaspoon of yerba mansa root
- 1 teaspoon of peppermint leaves
- 2 cups of boiling water

Directions:

Combine the above herbs in a non-metallic container and cover with boiling water; infuse for 30 minutes; cool and strain. Take as needed, one tablespoon at a time, up to two cups per day.

Anti-nausea tea

Ingredients:

- 1 teaspoon of catnip leaves
- 1 teaspoon of chamomile flowers
- 1 cup of boiling water

Directions:

1. Combine the above ingredients in a non-metallic container and cover with boiling water; infuse for 20 to 30 minutes; cool and strain.
2. Take as needed.

Eruption (Rash)

A rash is a temporary rash on the skin that usually looks like small red or pink bumps. It may or may not be itchy. There may be scaly, round, or oval patches on the skin. A rash is usually a symptom of another condition. It can indicate an illness such as measles or chickenpox, an insect bite, an allergic reaction, a nutritional deficiency, or even dry skin.

Affected tissue states: heat (inflammation), dryness or humidity, laxity

Relevant herbal actions: anti-inflammatory, astringent, softening

Herbal Allies

- Burdock
- Calendula flower
- Comfrey
- Echinacea
- Evening primrose
- Gold seal
- Kelp
- Licorice root
- Marshmallow
- Oregon grape
- Plantain leaf
- Pink
- Self-healing leaf and flower
- Red elm
- St. John's Wort leaf and flower
- Strawberry
- Uva-ursi leaf
- White oak
- Yarrow leaf and flower
- Yellow dock

The sudden onset of a rash usually means you've come into contact with some sort of irritant: an irritating plant, a poisonous chemical, or maybe an insect bite or bite. Wash the place nicely with the best soap and water. Then apply the basic

knowledge of herbal energetics: if the rash is dry, use herbs and moisturizing preparations; if it is wet and oozing, use drying agents.

If there is no contact with irritating plants, chemicals, or other direct triggers, the rash may be an external reflection of internal imbalances. Of course, allergies may be caused by internal detoxification systems.

Dry rash balm

Ingredients:

Makes 9 ounces (60-day supply)

Balms are emollients because of their oil and wax content, especially when moisturizing oil, like olive oil, as a base. In this simple formula, the healing and anti-inflammatory effects of the herbs enhance the emollient effect.

Ingredients:

- 3 fluid ounces of calendula infused oil
- 3 fluid ounces of infused plantain oil
- 2 fluid ounces of licorice infused oil
- 1 ounce of beeswax, and more as needed

Directions:

1. Make an ointment as usual (see here for full instructions).
2. Apply at least the thin layer in the affected area every day.

Polish

Mix 4/2 cup dry grass (enough 12-18 pieces)

Contact with the toxic ivy and similar plants typically produce a rash with fluid-filled blisters—these calls for converges, as well as those who better extract chickenpox or compression.

Learn how to identify the plants that cause contact rashes in your area! Poison Ivy, poison ivy, and poison ivy all grow in the United States. Check out poison-ivy.org for great photos and details on how to make a god identification and how to let them apart from start lookalike plants.

Ingredients:

- 1 cup of dried calendula flower
- 1 cup of dried rose petals
- 1 cup of self-healing dried leaves and flowers
- ½ cup dried St. John's Wort leaves and flowers

- ½ cup of sheets uva-ursi dried
- ½ cup dried yarrow leaves and flowers
- Boiling water to make the poultice

Directions:

1. In a large vessel, combine all the herbs. Store in a tightly closed case.
2. Measure 4-6 tablespoons of the herb mixture and place in a heatproof dish.
3. Put just enough boiling water over the herbs to be completely saturated, not so much that they swim. Let the herbs soak for 5 minutes.
4. Apply the lot of herbs, temperature up and damp, to the affected area. Cover with a cloth. Keep in place for 5-10 minutes, then dry gently.
5. Repeat 1-3 times a day.

TIP: If you don't have these original fresh herbs on Hand, plain green or black tea bags will do! Just warm them up and wet them, apply them to the rash and let them sit for 20 minutes.

Skin-soothing tea

Ingredients:

- 1 teaspoon of burdock root
- 1 teaspoon of Oregon grape root
- 1 teaspoon of echinacea root
- 1 teaspoon of yellow dock root
- 2 cups of water

Directions:

1. Combine the above herbs in a saucepan and cover with water. Bring to a boil; reduce heat and simmer 10 to 15 minutes; cool and strain.
2. Take one tablespoon at a time, up to half a cup per day.

Rash wash

Ingredients:

- 1 teaspoon of comfrey root
- 1 teaspoon of white oak leaves or bark
- 1 teaspoon slippery elm bark

- 2 cups of water

Directions:
Place the herbs in a container and cover with water; bring to a boil and boil for 20 to 30 minutes; cool and strain. Use a topical wash as needed.

Sprains and strains

A sprain occurs when a ligament is severely torn, while a strain is a tearing and excessive stretching of muscle fibers. The same injuries that can cause a sprain can cause a strain as well. The difference is that a sprain involves ligaments and tendons, while a strain involves muscles. Sprains are very common and can cause pain, swelling, bruising, and inflammation. Movement in the affected area is often limited due to pain and swelling.

Most sprains and strains can heal without complications. But more serious injuries can become chronic, develop scar tissue, limit movement, and ultimately cause problems in surrounding tissues, nerves, vessels, and organs.

Affected organized state: heat (inflammation), tension, and relaxation

Related herbs: anti-inflammatory, circulatory stimulant, connective tissue lubricant, lymph, discectomy, fragile

Herbal Allies

- Great mugwort
- Blueberry
- Black cohosh
- Cassis
- Cinnamon essential oil
- Gingko Biloba
- Ginger
- Ginseng
- Goldenrod leaf and flower
- Gotu kola
- Ponytail
- Kelp
- Licorice

- Marshmallow
- Meadowsweet flower
- Peppermint essential oil
- Raspberry
- Self-healing leaf and flower
- Solomon's Seal Root
- St. John's Wort leaf and flower
- Valerian
- white willow
- Gaultheria
- Yerba Mansa

The pain of an injured and affected joint is your body warning you. Take it into account! Don't let a minor strain turn into a severe sprain. Rest the joint, but do not immobilize it; gentle movement allows blood to move through the injury site and accelerates healing. Drink bone broth (see Strengthening Broth), eat seaweed, and work with herbs to reduce inflammation, improve blood flow, and restore connective tissue (tendons, ligaments, fascia).

One of the best methods to heal a sprain is to alternate hot and cold compresses or baths. Exposure to heat brings in fresh blood, while cold constricts vessels and flushes out stuck fluids. Alternate between 3 minutes hot and 30 seconds hard. Go back and four times or a few times and always vanish it with a warm one to bring excellent, healthy circulation to the area.

Linemen for soft tissue injuries

Ingredients:

- Makes approximately 8 fluid ounces (over 100 applications, 30-day supply)
- 3 fluid ounces of ginger-infused oil
- 2 fluid ounces of Solomon's Seal infused oil or Solomon's Seal tincture
- 1 fluid ounce of St. John's Wort tincture
- 1 fluid ounce of self-healing tincture
- 1 fluid ounce of meadowsweet tincture
- 40 drops of peppermint essential oil

- 40 drops of cinnamon essential oil

Directions:

1. In a vial, combine the injected oil, tincture, and essential oil. Tagged the cap and label, including shaking before every use.
2. Hold your palm on the bottle mouth and tile it to deposit a small amount of your Hand. Wipe between hands to warm treatment, then applied to the pain of the pain.
3. Mass the oil to the joint until your Hand is no longer greasy. Put the tincture into a fabric.
4. Repeat the application 3-5 times a day. More is better!

Topical pain relief

Ingredients:

- 20 drops of yerba mansa tincture
- 4 ounces of wintergreen oil
- 1 pound of petroleum jelly

Directions:

Mix the above herbs well with petroleum jelly, use as an ointment to relieve muscle pain.

Quick-acting pain relief tea

Ingredients:

- 2 teaspoons of black cohosh root
- 1 tablespoon of ginseng root
- 2 cups of water

Directions:

Place the above herbs in a saucepan and cover with water; bring to a boil; lower the T and simmer for 30 minutes; cool and strain. Take two to three tablespoons, up to six times a day.

Sweet relief

Ingredients:

- 1 tablespoon of raspberry leaves
- 1 teaspoon of white willow bark
- 2 cups of boiling water

Directions:

1. Combine the above herbs and cover with boiling water; infuse for 30 minutes; stump.
2. Take as needed.

Stress

High heart rate, high BP, muscle tension, irritability, depression, upset stomach, and indigestion are signs of stress. For many people, the focus is synonymous with emotional stress. But stress can also be physical (such as injuries from a car accident or surgery) and biochemical (including exposure to pesticides or pollution and even poor diet). These causes (and others) cause the body to produce increased amounts of adrenaline. This is how the body deals with stress. But the release of adrenaline also causes an increased heart rate, blood pressure, and muscle tension.

A host of conditions can develop when the body is under prolonged stress. These include an increased rate of aging, reduced resistance to infections, weakened immune function (which, in turn, can lead to other conditions such as chronic fatigue syndrome), and hormonal overproduction (which can lead to adrenal fatigue).

The best tool to combat the effects of stress is a well-balanced diet and lifestyle.

Tissue states concerned: heat (agitation), tension

Relevant herbal actions: adaptogen, nervine, relaxant, sedative

Herbal Allies

- Ashwagandha root
- Betonia leaf and flower
- Catnip flower and leaf
- Chamomile flower
- Elderflower
- Ginger
- Goldenrod leaf and flower
- Hop
- Kava Kava
- Linden leaf and flower
- Peppermint
- Pleurisy
- Pink
- sage leaf
- Cap

- St. John's Wort leaf and flower
- Tulsi leaves
- Valerian

Everyone's problem is the same, and everyone's situation is different. We all have the same physiological response to stress: racing heart, shallow breathing, reduced concentration, high cortisol, and blood sugar. But we react to potential stressors differently - something that bothers one person can fall directly onto another's back. No matter what is stressing you out, herbs can help both as a short-term rescue in the immediate instant and long-term to build more " nerve reserve " and balance in the face of difficulties.

Life elixir

Makes 5 fluid ounces (40 to 80 servings)

This is your best friend when you need to rest quickly from a busy day. If you can stay away from private areas, these remedial measures are best better. Center yourself, take some breath, let your tincture, breathe a little, then return to the world. A little ritual is very long!

Ingredients:

- 1 fluid ounce of tulsi tincture
- 1 fluid ounce of betonia tincture
- ½ fluid ounce of catnip tincture
- ½ fluid ounce of chamomile tincture
- ½ fluid ounce of elderflower tincture
- ½ fluid ounce of rose tincture
- ¼ fluid ounce of goldenrod tincture
- ¼ fluid ounce of sage tincture
- ½ fluid ounce of honey

Directions:

1. In a small bottle, mix the tinctures and honey. Cap the bottle and label it.
2. Take 2-4 drops each time needed.

Soothe yourself! Tea

Ingredients:

Makes 3¾ cups of dried herb blend (enough for 22-30 quarts of tea)

It's the perfect mix for those days when you feel like everything is falling apart around you: just take a moment, brew a cup, drink it as deliberately as you can, and let the warmth and relaxation wash over you.

If your stress manifests as a feeling of heaviness and oppressed exhaustion, add ¼ cup of dried goldenrod and sage.

If this manifests as digestive upset, add ¼ cup of dried chamomile and catnip.

- Drink a liter or more every day.
- 1 cup of dried betonia leaves and flowers
- 1 cup of dried tulsi leaf
- ½ cup of dried lime leaves and flowers
- ½ cup dried rose petals
- ½ cup of dried elderflower
- ¼ cup dried St. John's Wort leaves and flowers (see Tip)

Directions:

1. In the medium bowl, combine all herbs. Store in close circumstances.

2. Making thermal infusion: preparing boiling water bottles. Each liter is measured by 2 to 3 tablespoons and placed in the Mason cans or French press. Pour the boiling water, cover, and make the steep 20 minutes or until it is cold; drink.

TIP: Omit St. John's Wort if you are taking pharmaceuticals at the same time.

Nervousa

Ingredients:

- 1 teaspoon of Betonia leaves
- 1 teaspoon of kava root
- 1 teaspoon of hops
- 1 teaspoon of dried skullcap
- 1 cup of boiling water

Directions:

1. Combine the above herbs in a non-metallic container.

2. Put two teaspoons of the mixture in another of these containers and cover with boiling water; infuse for 30 minutes; cool and strain. Take one tablespoon at a

time, as needed.

Calm tea

Ingredients:

- 1 teaspoon of ground ginger
- 1 teaspoon of powdered valerian root
- 1 teaspoon powdered pleurisy root
- 2 cups of boiling water

Directions:

Combine the above herbs in a non-metallic container and cover with boiling water; infuse for 30 minutes; cool and strain. Take one tablespoon at a time, as needed, up to two cups per day.

Shake tea

Ingredients:

- 1 to 2 teaspoons of peppermint leaves
- 1 teaspoon of valerian root
- 1 cup of boiling water

Directions:

1. Combine the above ingredients and cover with boiling water; infuse for 20 to 30 minutes; stump.
2. Drink up to one cup per day, as needed.

Injuries (wounds)

Most injuries are caused by cuts, abrasions, or other physical injuries. Wounds should always be cleaned thoroughly to avoid infection. The bleeding that often accompanies an injury can usually be stopped by applying pressure to the wound. Excessive bleeding, or damage to the main arteries, requires emergency medical attention. If a sore turns red, swells, throbs, or feels warm to the touch, and contains pus, it is a sign of infection: please contact a doctor immediately in this case.

Affected organizational state: heat (inflammation)

Related herbs: antibacterial, emollient, lymph, fragile

Herbal Ally

- Calendula
- Chamomile flower
- Goldenrod leaves and flowers
- kelp
- Marshmallow
- pine
- Plant leaf
- pink
- Self-healing leaves and flowers
- St. John Mald Leaves and Flowers
- Yarrow leaves and flowers

When cutting, scraping, wear, or other open wounds, it is essential always to follow the same order of operations:

Stop the bleeding. Applying pressure directly is usually the best way to do this.

Cleanse the wound. Any particulate matter or foreign matter must be removed entirely from the injury. Otherwise, it will slow healing and allow the infection to take root. Washing or soaking the wound with astringent and antimicrobial herbs is very effective for this step.

Prevent or manage infection. The washes and soaks of the wounds are also good here. Herbal-infused honey is highly effective at this step, serving to both disinfect and promote healing. (Do not put tinctures directly into wounds unless you have no other option; even then, dilute them to 1 part tincture to 5 parts

purified water, as alcohol inhibits the cell growth.)

Encourage healing. Herbal-infused honey, poultices, compresses, and baths are all suitable for open wounds. Once the damage has closed (or never very deep at first), you can switch to a bomb. Choose vulnerable herbs, lymphatic (to drain blisters), and, especially in the later stages, softeners or emollients (to prevent scarring).

Wound washing

Makes 3 cups of dried herb mix (enough for 10-20 liters of wound wash)

If you are in a hurry, a simple wash with rose water or alcohol-free witch hazel extract is very effective during the cleansing phase. After that, move on to soaks and compresses with a formula like this. In the later stages of healing, you can add ½ cup of dried marshmallow or kelp for emollient effects.

Ingredients:

- ½ cup of dried calendula flower
- ½ cup dried plantain leaf
- ½ cup dried rose petals
- ½ cup dried goldenrod leaves and flowers
- ¼ cup of dried chamomile flower
- ¼ cup of self-healing dried leaves and flowers
- ¼ cup dried St. John's Wort leaves and flowers
- ¼ cup dried yarrow leaves and flowers
- Salt, for infusion

Directions:

1. In a medium vessel, combine all the herbs. Store in a tightly closed case.
2. Make a hot infusion: Make a kettle of boiling water. Measure 4-6 tablespoons of herbs per liter of water and place them in a mason jar or French press. Pour in boiling water, cover, and let steep for 20 minutes or until cool.
3. Incorporate 1 teaspoon of salt for every liter of infusion you have made.
4. Soak the injured part or apply a compress to the affected area.
5. Repeat as often as you can, at least 3 times a day.

Pine resin balm

Makes 8 ounces (40-day supply)

Pine resin ointment is the best choice for wounds that have closed or have never been very deep. You can also work with the resin of other conifers. Wax can be harvested directly from trees - you'll find whitish patches of it along the trunk where branches have been lost. Have enough on the tree to keep the wound sealed - this resin is how the tree crusts!

It will probably contain pieces of bark, dirt, insect parts, etc., don't worry - you'll filter them out during processing.

After picking up the resin, use a little oil to wash your hands - soap and water will not work. Just drop a little liquid oil that you have on your Hand in your Hand, rub; it seems to be soap. The resin will be softened and separated from the skin. Then you can wash it off with soap and hot water.

You can use regular oil to infuse your resin, but starting with an herbal-infused oil means you get the good deeds from all of those herbs, instead of just the ones the wax contributes to.

Ingredients:

- 6 to 8 ounces of pine resin or other coniferous resin
- 8 fluid ounces total of calendula infused oil, goldenrod infused oil, and plantain infused oil
- 1 ounce of beeswax, chopped or grated, and more as needed

Directions:

1. The small pan in low temperature, binding to the resin and the infusion oil and gently heating, often stirring. The resin will be softened and dissolved, and the oil is injected with its virtue.

2. Pour this hot oil through a few layers of cheesecloth. Wrap the remaining mass and squeeze it to extract as much oil as possible.

3. Make an ointment using this resin-infused oil (see here for full instructions).

4. Put to the wound many times a day, each time using fresh and neat dressings.

<u>Topical application for abrasions</u>

Ingredients:

- 1 teaspoon white pine inner bark
- 1 teaspoon of wild cherry bark
- 1 teaspoon of wild plum root

- 2 cups of water

Directions:

1. Combine the above herbs in a saucepan and cover with water.
2. Bring to a boil and boil until the bark and roots are tender, cool and filter.
3. To use, soak a clean (preferably sterilized) cloth in the solution and apply it to the affected area.

Topical washing for cuts

Ingredients:

- 1 teaspoon of pleurisy root
- 1 teaspoon of ginseng root
- 2 cups of water

Directions:

Combine the above herbs in a saucepan and cover with water; bring to a boil and boil for 20 to 30 minutes; stump. Apply locally as needed.

Aging

We all want to live to old age without looking like we're over twenty-nine days old! Unfortunately, becoming old is a fact of life when the body's ability to function decreases. The aging process, marked by wrinkles, sore joints, fatigue, and hair loss or graying, is accelerated by poor nutrition, lack of exercise, excessive exposure to the sun's ultraviolet rays, and health choices. Lifestyle, including smoking and drug use. These and other factors increase the activity of free radicals. Free radicals are volatile molecules that damage the DNA of cells and interfere with the ability of cells to function. Several herbs work as antioxidants, which effectively scavenge free radicals.

Herbal Allies:

- Ginkgo biloba
- Ginger
- Parsley
- Milk thistle
- Cassis
-
- Elderberry
- Ponytail

Anti-aging tea 1

Ingredients:

- 5 drops of cayenne tincture
- 30 drops of burdock tincture
- 15 drops of goldenseal tincture
- 10 drops of ginger root tincture
- ½ cup slippery elm tea (page 72)
- 1 cup of lukewarm water

Directions:

Combine all the ingredients. Take 2 to 3 tablespoons three times a day to improve circulation.

Anti-aging tea 2

Ingredients:

- ½ cup of Ginkgo biloba tea
- ½ cup of ginseng tea

Directions:

Combine the ingredients, take a third of a cup three times a day. Ginkgo is known to improve memory, while ginseng can increase energy levels.

Anemia

Anemia is a blood disease characterized by either red blood cells containing too little hemoglobin or too few red blood cells in the blood. Anemia can have many causes, including alcoholism, excessive bleeding, disease, infection, poor bone marrow function, poor diet, and pregnancy. It is vital to know the reason for the anemia and to treat the underlying condition.

Herbal Allies

- Barberry
- Oregon Grape Root
- Nettle

Anemia tea

Ingredients:

- 2 teaspoons of barberry root
- 2 teaspoons of Oregon grape root
- 4 tablespoons of nettle leaves
- 2 cups of cold water

Directions:

1. Combine the herbs in a glass container.
2. Cover with water.
3. Soak overnight.
4. Filter.
5. Take up to half a cup three times a day.

Arthritis

There are two types of arthritis: rheumatoid arthritis and osteoarthritis. Rheumatoid arthritis (RA) is an auto-start illness where the body sees itself as the enemy. Antibodies from the immune system attack joints and soft tissues, causing inflammation, pain, and progressive deterioration of the joint. RA can be a debilitating disease, mainly when it occurs in young children.

Osteoarthritis is a degenerative disease, also called arthritis, by wear and tear. This form of arthritis may hurt many of us as we age. It happens when the joints wear down over time. It usually starts in the joints of the hands and feet but can eventually affect even the largest joints in the body. Rheumatoid arthritis and osteoarthritis can cause pain and stiffness.

In addition to the herbs listed below, other beneficial herbs for arthritis include bilberry, black currant, nettle, and verbena. The following treatments are effective for osteoarthritis and rheumatoid arthritis.

Herbal Allies

- Bilberry Balm
- Black cohosh
- Cassis
- Blue Verbena
- Cascara Sagrada
- Cayenne
- Chamomile
- Devil's claws
- Feverfew
- Mullein
- Nettle
- Sarsaparilla
- white willow bark
- Wild cherry
- Yucca

Arthritis tea

Ingredients:

- 2 teaspoons devil's claw tuber
- 3 teaspoons of white willow bark

- 1 teaspoon of feverfew herb
- 2 teaspoons of yucca root
- 2 teaspoons of sarsaparilla root
- 3 cups of cold water

Directions:

1. Combine the herbs in a glass container and cover them with water.
2. Soak overnight.
3. Drain. Take half a cup three times a day.

Rapid analgesic arthritis

Ingredients:

- 25 drops of black cohosh tincture
- 90 drops of wild cherry bark tincture
- 90 drops of mullein tincture
- 1 cup of lukewarm water

Directions:

1. Combine the above herbs in a glass container and cover them with water.
2. Take one-third of the mixture three times a day.

Night arthritis tea

Ingredients:

- 1 teaspoon of black cohosh root
- 1 teaspoon of chamomile flowers
- 1 teaspoon of cascara sagrada bark
- 2 cups of water

Directions:

1. Combine the above herbs in a glass container; cover with water; mix well to combine.
2. Place 1½ teaspoon of the mixture in a cup of boiling water; infuse for 10 minutes; stump.
3. Have a cup in the evening, just before going to bed.

BOOK 9: ESSENTIAL OIL

Introduction

Each of us has experienced at least once the power of smells: a perfume that evokes in us a person or a past event, the aroma of a food that makes our mouths water. But what are essences and essential oils? In aromatherapy, the use of essential oils allows us to get into the deepest spheres that make up an individual, those that characterize its psychic functions. It seems incredible how through the perception of odors, emotionality, memory, sensitivity and all related cognitive areas are involved, as well as the endocrine and immune systems: just think of how important scents are to the sexual sphere of each individual. In aromatherapy the use of essential oils occurs in three ways:

Through the skin (through massage, baths, foot baths frictions);

By inhalation;

Ingestion: The most effective method is the assumption through the skin: it can absorb the essential oils, because they have a molecular structure sufficiently small, and put them into circulation through a dense network of capillaries.

The tiny aromatic molecules passing through the hair follicles enter circulation through the blood or the lymph and interstitial fluid.

Absorption of essential oils can also occur through the lungs, through diffusion in the environment or suffumigation: once inhaled they reach the lungs, from which they pass to the capillaries located under their surface and, through these, to the major blood vessels, which distribute them throughout the body. It is interesting to analyze how with odors also emotions come into play, automatically generated by the brain, for example the smell of food makes salivary glands and gastric juices come into action, thus stimulating appetite. Ingestion is the most delicate type of intake, because very few oils can be taken orally. They can cause more or less side effects than the amount, the specific essential oil taken, and the age, individual body weight, and specific pre-existing diseases. It is therefore necessary to always follow the advice and doses suggested by experts.

Essential Oils 101

Also known as "essences", essential oils are characterized by volatile substances at room temperature that give the product different odors and fragrances. It is no coincidence, therefore, that essential oils are also known as "volatile oils" and that their components are defined as "aromatic" (Note: the term "aromatic" used here should not be confused with the same term used in chemistry to indicate compounds that contain within them so-called aromatic rings, or characterized by a high degree of unsaturation).

What Is an Essential Oil?

Essential oils are, more or less literally, the essence of the plants from which they are extracted: flowers, trees, herbs, shoots and all sorts of plant life. In addition to smelling wonderful, they play a very important role within our ecosystem. However, they are not as sweet and mild as it might seem. In fact, in nature they are first and foremost warriors whose job is to fend off invaders, protect the plant or attract insects for pollination. And in some cases they can be aggressive and dangerous.

Essential oils are among the oldest natural ingredients, and have been used for thousands of years in the production of cosmetics, medicines and foods. They can be found in laundry detergents, in the most luxurious scented candles, in the aroma of some food delicacies, perfumes, and cold remedies.

Essential oils can be extracted from hundreds of plants, so they have very different appearance, texture, color and fragrance, not to mention the extraction method used to obtain them.

Essential Oils: The Properties

The properties scientifically attributed to all essential oils are mainly antiseptic, antibacterial, antiviral and anti-infective, but depending on the plant from which they are extracted, we also find a balsamic and expectorant, or relaxing, or even stimulating, or nourishing and smoothing the skin and others.

Moreover, each essential oil has specific virtues, which make it particularly suitable against specific disorders and for specific purposes. Taking advantage of the beneficial properties of essential oils can have several possible applications on specific organs and systems, such as respiratory, nervous system, venous system, digestive system, etc..

Essential Oils: How They Are Divided

Top note: is given by the scents that are felt first and dissolve quickly. They are very volatile and have a very high and subtle vibration, acting from the bottom up. They can be fresh or fruity essences such as citrus fruits, with a calming effect on the nervous system, or intense and camphorated such as those of balsamic oils, with beneficial effects on the respiratory and circulatory systems.

Heart note: this is possessed by soft and floral essences, with a medium and ample volatility that leads towards the heart, obtained from flowers with a rebalancing and vitalising effect, active above all in moments of strong agitation or sadness. They are the sweet and slightly sour notes obtained from flowers and leaves.

Base note: these are the oils with a low, dense note, warm and heavy perfume, with less volatility, obtained from woods, resins and spices and have a toning effect. The vibration, low, heavy and deep, leads to the earth: on the psychic level they help to give stability and strength.

How to produce an essential oil

Essential oils represent the set of aromatic substances of a plant. They can be extracted from petals, stems, fruits, vegetables, barks or leaves. There are three main methods to obtain them: steam distillation, solvent extraction and pressing.

Steam Extraction

Steam extraction is the most common method. It extracts essential oils from herbs, seeds, barks and roots - including peppermint, sandalwood and sage.

It is a relatively simple technique that has not evolved much in thousands of years - also because all you need is water, the ingredient you want to distill, water and some containers to heat the raw material and collect the oil.

Steam distillation induces the ingredient to release the volatile oils it contains inside. The ingredient is first placed in a vat along with steam or hot water. The heat then breaks down the plant, which releases its aromatic substances in water vapor. infused with the substances of the essential oil. This aromatic vapor is then condensed in a cooling cone or coil for collection. A Florentine jar is used to collect the condensed liquid, also called an essencier, where the oil separates from the water and deposits on the surface. The essential oil is then collected, separated and bottled.

Solvent extraction

Some ingredients are too delicate to sustain being subjected to the heat of steam distillation. For fragile flowers and buds, such as mimosa or jasmine, a process called extraction is therefore used, in which no heat, steam or water is needed. In this case, the ingredient is instead immersed in a solvent, such as ethanol or hexane, releasing its aroma.

The solvent mixture dissolves the aromatic substances of the plant or flower by releasing them into the liquid. When the solvent is then removed, leaving behind a what remains is a fragrant and concentrated mixture: the absolute essence. This process was first obtained through the ancient technique of enfleurage, which consisted of dipping the most delicate aromatic materials into the fat to extract the scent. spreading the most delicate flowers on the fat to extract the scent.

Usually absolute essences have a closer scent as they are a more faithful representation of the natural smell of the plant than essential oils, just because they have not been heated. are cold processed.

Squeezing

Squeezing is undoubtedly the simplest form of extraction: the ingredient is simply pressed to extract the essential oil in squeezing.

Squeezing is probably also the most ancient form of extraction. Today it is usually used to produce oils from the peel of citrus fruits (the richest part of aromatic compounds), such as grapefruit, lemon and lime. because it is the part richest in oils. This type of extraction can be done by hand simply by crushing the peel, or on a larger scale with mechanical presses.

Synthetics

Fragrances can also be synthesized in a laboratory. This choice can be for various reasons - to reduce costs, for safety reasons, or to avoid using natural raw materials that are unethical or cannot be obtained sustainably.

There are various methods for creating synthetic fragrances - some of which can be dangerous or harmful to the environment. When creating fragrances and products, it's crucial to ensure that the synthetics' scientific processes are safe and ethical. This is this is an area that the fragrance and flavor chemical industry is doing a lot of research on.

Curiosity about essential oils

Sometimes a whiff of neroli is enough to brighten a dark day.

Cloves have a high content of eugenol - a chemical component used to soothe pain. You may be able to smell it if you've been to the dentist recently, you'll recognize the flavor when you go to the dentist.

Rose, lemongrass, sage, lavender and neroli contain geraniol - an organic component that bees secrete to navigate the world and search for pollen.

Sandalwood contains farnesol - a chemical component that inhibits the proliferation of propionibacterium - a bacterium that is among the causes of acne. For this reason, farnesol is often used in acne treatments.

Many findings confirm that natural ingredients were used in cosmetic, food and medicinal preparations even before the Egyptian civilization.

Essential oils are also found used to flavor food and beverages. as well as in cosmetics. Along with water, sugar and other ingredients, Coca Cola contains a secret blend of essential oils known as Merchandise 7x, mixed with water, sugar and other ingredients to create the finished product.

Native Americans & Essential Oils

Native American traditions focused on healing rather than curing. While today's doctors look for ways to make symptoms disappear, the ancient healing traditions of tribes such as the Cherokee focused on making a person whole and restoring harmony to the human body. More attention has been given to the nature of holistic medicine as people seek natural ways to end their dependence on harmful drugs and expensive treatments. The spiritual healing of herbs and essential oils has been studied for thousands of years, and there is thousands of years, and there is still much to learn about this practice.

However, one thing is certain. Holistic medicine and treatments provide relief and even empowerment to those who use them correctly. Native American healers also combine medicine with healing ceremonies and prayers. A caring community surrounds a sick individual so that all can show their love and ask the Great Spirit for healing. This kind of healing appeals to the power of nature, human connections and spirit. Healing means more than just removing a symptom. It means improving the quality of a person's life. With the gifts of nature and caring communities, we can find a completely different way of looking at the world of medicine and find better solutions for those who experience pain and illness.

Native American Healing

The meaning of the term medicine for an American Indian is quite different from what is ordinarily believed by modern societies. For most American Indians, medicine means a set of ideas and concepts rather than just remedies and cures. There is no partition among religion and medication in ancestral culture, and mending services are indispensable to the shared insight. For the American Indian, the normal or right condition, everything being equal, including man, is agreement. A long way from being prevailing over nature, man is associated with other living creatures and actual powers. All reasoning depends on connections. More accentuation is set on the association of one thing with one more than on the singular thing itself. To keep a right or normal relationship is to be in congruity. The universe is a mind boggling framework of reliance. There is a correct set of relationships for every being, a correct existence in harmony with the universe.

George Bird Grinnell, who was intimately associated with the Northern Plains

tribes, wrote:

"All these things of which we speak as medicine the Indian calls them mysterious, and when he calls them mysterious it only means that they are beyond his power to explain. He whom we call a man of medicine may be called a physician, a healer of diseases; or if he is a worker of magic, he is a man of mystery. All Indian languages have words that are the equivalent of our word medicine, sometimes with curative properties. Still, the Indian translation of "medicine", used in the sense of magical or supernatural, would be mysterious, inexplicable".

Tribal cultures interpret human illness and suffering as disharmony. An individual suffers because he has somehow fallen out of harmony. The person who does not feel well has become out of step with the right relationships.

Their medical theory stems from the reasoning that the medical man can control the forces of nature and thus make disease yield to its effects. Consequently, curative agents are medicine, but only one kind of medicine, and only when associated with prescribed rites. The medicine man is entrusted with birth and death ceremonies, magical ceremonies and the perpetuation of tribal tradition. He is not only the primitive physician but also the diviner, the rainmaker, the soothsayer, the prophet, the priest, and, in some cases, the chief. Some of the most famous American Indian chiefs were medicine men: Sitting Bull, Geronimo and Cochise.

In modern times, there has been a great interest in the therapies of traditional cultures, in the use of alternative medicine by patients, and in the desire for mind-body therapies and spiritual treatments and behavioural medicine treatments for chronic medical illnesses. Some hospitals have included Native American traditional healers as part of their staff. Harvard University has established a centre to study alternative medicine.

Traditional Spiritual Practices

One of the spiritual practices that patients may request (especially in the American Southwest) is Native American Healing (NAH) to complement their conventional medical treatment. Some patients even express a preference for an exclusive NAH. On reservations, tension may exist between Native American healers and conventional physicians provided by the Indian Health Service (IHS). Native American medicine has been practised on the North American continent for at least 10,000 years, depending on the theory of origin or arrival.

When Europeans arrived in North America, the native population was very healthy. Pestilence and epidemics from Europe soon changed the situation, but did not diminish the effectiveness of Native American methods in achieving long-term survival and treating chronic diseases.

Native Americans emphasised the development of the inner life that was reflected in the outer world. The events of the outside world spoke to the inner processes of the person. A fire is burning on the mountain. The person is in agony. Awareness comes and dispels the agony. Rain comes to extinguish the fire. The events are seen as related. The fire and the rain were messages about the internal processes of the person. Such ideas are more consistent with a dynamic energy systems approach (DES). Systems interact in complex ways, effectively communicating and creating a shared memory through their mutual effects on each other during that communication. Although it is absurd for the conventional psychotherapist that a human being can communicate agony to nature, modern DES theory parallels the traditional belief that the mountain may have responded with fire and then the sky with rain, both in response to the human and now the burning mountain.

Native healing of externally caused injuries, where the disorder's origin is perfectly obvious, is usually rational and often effective. In this classification are cracks, disengagements, snake and creepy crawly nibbles, skin disturbances and injuries. Minor inside ailments, for example, colds, cerebral pains and stomach related issues are treated with home grown cures. In persistent internal illness where the cause is not obvious, the usual Indian custom is to attribute the disease to some supernatural agency.

If ordinary medicine does not soon bring relief, they resort to shamanic methods, such as chants, magic, prayers, dances, rattles' shaking, and the beating of drums. Supernatural causes of illness among American Indian societies included witchcraft, violation of taboos, intrusion of diseased objects, spirits, and loss of the soul. Another cause of illness, prevalent among Iroquois tribes, is unfulfilled dreams or desires. In certain tribes and areas, some of these causes are more important than others. Among the supernatural causes of illnesses, the most important are the spirits of animals, who thus take revenge for offences and abuse. Disrespect for fire, such as urinating on ashes or spitting on them, will lead to disaster. Insults to nature carry a specific penalty. Human ghosts who are naturally lonely for their friends and relatives cause illness, providing friendly companionship.

In contrast, an animal ghost will cause trouble if no respect is shown for its body

after being killed. A powerful carrier of disease is the magic used by witches to cause illness. Other disease causes are dreams, omens, neglected taboos and the malefic influence attributed to women during their catamenial period.

The practice of medicine man refers to the plant world in different ways. Some tribes believe that spirits inspire the healer to know which healing plants to use, others that a plant is protected by the spirit' who has endowed it with medicinal properties. Offerings are often left for these spirits when the medicinal plant is harvested. Healing is indicated by the soul's return or the medicine man who claims to produce the 'extracted object'. Massages and ritual 'sweat baths' are also used in the healing process. North American Indians used catnip tea for children's colic. As mentioned above, the word "Medicine" has a different meaning for Native Americans. It includes spiritual as well as physical health and well-being. A pipe ceremony is a ritual that Hopi Native Americans use to pray to the Great Spirit. The Great Spirit consists of the mother (the earth), the father (the heavens and heavenly bodies) and the grandmothers and grandfathers. Grandmothers and grandfathers can be compared to angels. In the Hopi tradition, they have been in the universe since the beginning of time and are thought to carry specific medicines. Each of them has different strengths or attitudes that the Hopi can invoke in different circumstances.

Pipe ceremonies can be performed at practically any time the practitioner wishes. One way to think of them is as an active or interactive prayer or meditation session. Sometimes a Hopi shaman (medicine man) is present for the ceremony, but this is not a requirement. Specialists of the Hopi confidence might play out a line service when they are thankful for an addressed petition, to request the wellbeing or care of a friend or family member, to commend the birth or passing of a relative, to request lucidity when settling on a choice, to request the recuperating of a companion, or to offer thanks for life's numerous favors. One of the critical parts of the line function is to foster one's relationship with Spirit to comprehend that Spirit will give the fundamental apparatuses through channels like spices and the shaman.

Aromatherapy

Aromatherapy is a practice that is part of phytotherapy; it uses essential oils to maintain psychophysical wellbeing or treat illnesses and disorders that afflict the body and mind. Essential oils are the odorous substances of plants, obtained by steam distillation from the various plant organs: leaves, flowers, seeds, roots, bark. Aroma therapy uses plant extracts by diffusing fragrances in rooms, applying them to the skin and inhaling them. The practice of aromatherapy helps improve physical and mental wellbeing through the power of nature: essential oils have bactericidal, balsamic, antispasmodic and soothing effects. Among natural remedies, pure or diluted, essential oils are beneficial for various diseases of body and mind, but the amount to be used must be controlled to avoid contraindications.

A Leap Into History

The use of aromatic oils and herbs for religious or curative purposes has ancient origins. Around 2000 BC, there are the first references to treating the body with aromatic scented oils in the Bible. The practice continued in later times. We have evidence dating back to the Middle Ages, the Renaissance, and the modern age, when scientists and chemists undertook the artificial production of essential oils, useful as perfumes.

Today, the ancient practice of sprinkling the body with scented oils or inhaling their essences has evolved into what we know as aromatherapy. The term 'aromatherapy' was coined by the French chemist Gattefossè, who, while working with essential oils to produce cosmetics, noticed the beneficial effect of lavender compresses on burns.

What Is the Purpose?

The aromatherapy treatments we undergo today aim to restore the physical and mental wellbeing of the individual through a variety of techniques. These are complementary therapies that do not replace medical treatment, but benefit our bodies and minds. More specifically, aromatherapy is a form of phytotherapy that uses essential oils distilled from plants to treat a wide range of ailments, from headaches to insect bites, from cramps to colds. Through the inhalation of aromatic substances, aromatherapy involves both the bodily and the emotional

sphere, the sensitivity, the mood, and the patient's state of mind. Aroma therapy involves the body and the emotions, sensitivity, mood and state of mind of the patient. A good scent relaxes the senses, soothes the spirit and can help to relieve not only everyday tensions, but also chronic or seasonal ailments. There are many different essential oils, each of which can be used for a specific purpose: there are oils with antiseptic, antitoxic, healing, anti-parasitic, anti-rheumatic, toning, stimulating or energising properties.

Health Benefits

Aromatherapy is a natural treatment using essential oils to help with physical and psychological problems and disorders. In addition to essential oils, other natural elements are used as carriers for the substances in the essences, such as salt and vegetable oils. There are specific instruments suitable for both the home and the office to diffuse essential oils in the environment. Aromatherapy provides positive effects against the symptoms of premenstrual syndrome, stress, flu and more. Let's take a look at ten of its best-known benefits.

1) Coughs and colds

Aromatherapy is particularly effective in treating coughs and colds. There are numerous herbal sprays for clearing the nose, soothing coughs or relieving sore throats formulated with essential oils. The simplest use of aromatherapy for coughs and colds consists of steaming with boiling water and essential oil of eucalyptus or thyme.

2) Stress

Aromatherapy reduces stress. This is the most well-known health benefit of this natural therapy. Undergoing an aromatherapy treatment relieves the symptoms of stress. Some essential oils, such as basil essential oil, are known for their anti-stress and anti-depressant effect. The ultimate calming essential oils are extracted from lavender and chamomile flowers.

3) Behaviour

Essential oils used in aromatherapy influence our behaviour. Sandalwood essential oil can calm the mind and nerves, leading us to perform our actions with greater peace of mind. Other essential oils can give us new energy and lead

us to act more quickly, such as thyme or lemon essential oil.

4) Sleep

Aromatherapy is effective against insomnia and helps to improve the quality of sleep. The most obvious effects in this respect have been associated with lavender essential oil and the simple aroma of this flower. A useful tip is to spray natural lavender flower water, also known as lavender hydrolate, on your pillow before going to sleep.

5) Childbirth

Postpartum depression is a disorder that affects more and more women after pregnancy and should not be underestimated. One ally to use against postpartum depression, according to a scientific study conducted on 365 women, is to use lavender essential oil to massage the perineum area. In addition, essential oils are used to alleviate the pains of childbirth and labour. British experts recommend an aromatic massage using essential oils of bergamot, sage, jasmine, lavender, mint, frankincense and grapefruit.

6) Flu

Flu symptoms can be alleviated with aromatherapy. If the respiratory tract is congested, you can use eucalyptus or thyme essential oil to be massaged on the chest in small quantities, to promote the elimination of phlegm and germs that may be the cause of the discomfort.

7) Sex

Aromatherapy improves male sexual response. Certain aromatic essences have been found to awaken sexual stimuli and improve circulation in the area of the male genitals. The most effective aromas include lavender, liquorice, vanilla and spices.

8) Memory

The aroma of rosemary can improve memory. Experts have verified the positive effects of rosemary essential oil on our ability to remember and complete tasks planned for certain times in the future. Rosemary essential oil has been found to improve cognitive function in adults.

9) Work

Often, excessive nervousness and agitation reigns in working environments. Over time, this can lead to uncomfortable situations that can include both physical and psychological disorders. To relieve tension in the office, and to purify the air in the working environment, you can diffuse a mixture of lavender

and grapefruit essential oil in equal parts (4-6 drops each).

Most Used Essential Oils & Properties

Essential oil and absolute essence of rose
Vanilla absolute essence
Tunisian neroli essential oil
Jasmine absolute essence
Australian sandalwood essential oil
Absolute essence of orange blossom
Absolute essence of tonka
Bergamot essential oil
Blue chamomile essential oil
Lavender essential oil

Sandalwood Santalum album and Santalum spicatum

Best known for its intense and sweet scent, sandalwood also has a darker side... In Asia it has been used for millennia in ritual preparations and burned as incense. It is also found in consumer products such as perfumes, cosmetics and flavorings. Sandalwood is a very special tree as it grows as a parasite, attaching itself to the roots of many plants. In the wild state, the tree needs about 25 years to develop the precious heartwood, the heart of the wood in its trunk.

There are 2 main types of sandalwood: Australian & Indian. Unfortunately, both types are becoming scarce in their natural state, and in India, rational cultivation systems are rare and very backward. Its scarcity and high commercial value make sandalwood a coveted commodity for smugglers, valuable on the black market and often the focus of scams and cheating. Finding a sustainable and reliable supplier can be difficult, and requires extreme care and carefulness.

Oud Aquilaria sinensis

Aquilaria sinensis is the tree that gave Hong Kong its name - Fragrant Harbour. Yet despite the island's thriving economy, the last vestiges of this heritage are threatened by high global demand. Oud grows among the wounds of the aquilaria, a tree also known as agar. It grows in the form of a fungus, in the furrows left by tigers and bears scratching the tree: once harvested and burned, it releases an irresistible aroma.

Distilled as an essential oil, it becomes one of the most expensive materials used in perfumery. Woody and mysterious fragrance, widespread for centuries in the Middle East, its current success in the Western world is leading the few remaining trees to extinction. New plantations scattered in Southeast Asia are struggling to keep up with the strong demand for this aromatic mold.

Boswellia carterii Incense

Boswellia is one of the hardiest trees on earth. It grows in regions with harsh climates - such as Ethiopia, Somalia and Yemen - and is among the oldest aromatic ingredients in history. Despite the hardships these trees must endure, for many they represent salvation. A simple scratch of the bark is enough to cause tears of golden resin to ooze from the tree, collected and sold at market as frankincense.

The resin beads are then used as incense, or distilled to obtain the essential oil for the industry used in perfumery. The strong pressure of the market to obtain this material and the continuous growth of this market have caused an excessive exploitation of the plants, so today strict measures have been taken to ensure the long-term salvation of the trees and the people who depend on them. Not an easy task when wars and droughts are recurring events.

Tonka Dipteryx odorata

Tonka is a bean with a sweet and spicy fragrance, so it is often used with vanilla in sweet-scented products inspired by gourmet desserts and a flavoring agent. But tonka is not as quietly mild as its scent might lead you to believe. It contains coumarin - a naturally occurring, highly fragrant chemical component found in common in many many plants. Coumarin is what determines, for example, the almost universal scent of freshly cut grass. But in addition to having a pleasant smell, coumarin is also a precursor to warfarin - a drug used to thin the blood and reduce the risk of thrombosis. In fact, for this reason, in the United States there are restrictions on the use of tonka bean, precisely because it contains high concentrations of coumarin, which could potentially cause reactions in the presence of other drugs. But do not worry, it would be necessary to ingest at least 30 tonka beans to get close to the toxic levels.

Geranium dissectum

Geranium essential oil is used in fragrances and cosmetics for its delicate floral scent. It has a stimulating and balancing effect on the skin and astringent and antiseptic properties, making it an excellent ingredient in skincare products. It is often used in rose fragrances to complement the scent. Given the high demand worldwide, the production of geranium essential oil can be a very profitable source of income. It is a plant that requires little care, improves the fertility of the soil on which it grows and can be cultivated together with various vegetables, such as beans, cabbage and carrots. For this reason, in some areas of Africa, where the agricultural sector is controlled by multinational companies that impose prices and often prove to be unreliable, for farmers, geranium represents a good secondary source of income on which they can rely.

Vanilla planifolia

Vanilla...found in ice cream, perfumes, car air fresheners and candles. It is such a ubiquitous aroma that it becomes almost taken for granted and unexciting. But the truth behind every vanilla pod is much more curious than it may seem. The world's gluttony for this sweet spice is insatiable: 3000 tons every year! But the work that goes into growing vanilla and preparing it for use is long and difficult: it takes five years for each harvest. With so much demand, many seek shortcuts, or worse, commit crimes to get their hands on this precious commodity. Cases of theft and violence on vanilla plantations are becoming increasingly common. The situation got even worse with the cyclone that destroyed a third of the cultivations in Madagascar, the world's leading producer. For this reason, it can become very difficult to find sustainable and fair trade vanilla on the market today.

Rosewood Aniba rosaeodora

Rosewood is used for its woody and spicy scent and its antiseptic properties in skin products. Highly coveted for centuries, it's made using shredded pieces of wood extract from the namesake trees, which grow in the rainforests of South America. And therein lies the problem. The insatiable demand for this fragrant essential oil, coupled with its high commercial value, has led to the destructive exploitation of rosewood trees, and thus to large-scale deforestation. Sustainable production of this essential oil is possible, but we must educate and support growers in the transition to environmentally friendly methods. Often rosewood essential oils that are passed off as legal in reality are not.

Ylang Ylang Cananga Odorata

Ylang Ylang is grown for the perfume industry where it is used in perfumery used for its intense and lingering floral fragrance. But finding the best essential oil is not easy. There are different grades of distillation of ylang ylang essential oil, from extra superior, the highest, to III° grade, the lowest. Extra superior is very rarely found on the market, and as such is probably the most contaminated essential oil in the perfume industry. Native to Indonesia, Cananga odorata is a tree found in Madagascar and the Comoros Islands, the hub of essential oil production. In the Comoros, deforestation to obtain firewood used to heat rudimentary home-made distillers leads to the self-destruction of the entire sector.

Lavender Lavandula

Lavender is popular for its soothing effects, and also to induce sleep. There are about 25-30 different types of lavender, all belonging to the Labiatae family (Lamiaceae). French lavender (Lavandula angustifolia) essential oil comes from Provence. Lavender is a bushy perennial plant that belongs to the same family as mint. It comes in various forms, but the essential oil is perhaps the most versatile of all. It is extracted from the flowering top by steam distillation. At the beginning of the 20th century, French chemist René Maurice Gattefossé discovered the soothing properties of lavender after burning his arm and dipping it, inadvertently, in a vat full of lavender essential oil. Gattefossé then developed a true passion for the properties of essential oils and conducted extensive studies on the subject. He is considered as the father of modern aromatherapy.

Lavender is used to improve sleep as well as to relieve and calm the mind. It is also used to help with skin healing.

The Rose

The best rose essential oil is made from roses harvested at dawn, when they fully express their fragrance. It takes about 1,867,000 roses to make one pound of rose essential oil. Lush uses 256 kilos of rose essential oil per year - not counting the absolute essence. Rose is used for its alluring floral fragrance and skin treatments for its calming and soothing properties.